

# THE HERALD OF THE GOLDEN AGE

## AND BRITISH HEALTH REVIEW.

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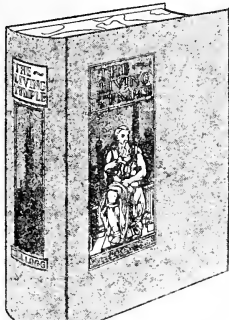
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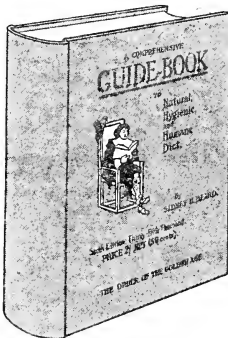
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To proclaim the coming and hasten the advent of a Golden Age, when Health, Humaneness, Peace, and Spirituality shall prevail upon Earth.

To deprecate all social customs and ideas which hinder its advance.

To promote Universal Kindness, Benevolence and Philanthropy.

To teach that obedience to the Laws of God—*physical as well as moral*—is a practical remedy for the disease and misery which afflict mankind.

To advocate the Frutitarian System of living, and to teach its advantages.

To promote the adoption throughout Christendom of a bloodless and natural dietary, for Hygienic, Humane and Philanthropic reasons.

To affirm that the practice of eating the flesh of animals is:

1st.—A violation of one of the most important physical Laws of Health which govern Man's being, and, consequently, the cause of a large proportion of the Pain, Disease, Suffering and Depravity with which our race is cursed.

2nd.—A transgression against the Moral Law of love; because it involves the daily massacre of at least a million animals, and the infliction of an appalling amount of cruelty, which are *totally unnecessary*.

To plead the cause of the weak, defenceless, and oppressed, and to protest against inhumanity and injustice and all that is opposed to the true spirit of Christianity.

The Members of The Order are pledged to seek the attainment of these objects by daily example and personal influence. All are abstainers from the use of flesh and fowl as food.

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A Philanthropic Society founded to proclaim Hygienic Truth, to advocate the Humane Life, and to promote Social Amelioration.

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THREEPENCE.

## Our Footprints.

"Lives of all great men remind us,  
We may make our lives sublime;  
And departing, leave behind us  
Footprints on the sands of time."

**A**ll reflective persons who attended the majestic funeral pageant of our late King and witnessed the homage rendered to the illustrious

dead, must have realized that it is only our beneficent deeds and service to the Race which really count and abide.

We knew that not only had we lost a benevolent sovereign but also a great public servant, who had untiringly striven to promote our welfare and the



World's peace. And our mourning was the measure of the estimate we placed upon a life-work that was all too brief but will long be remembered.

Pregnant with truth were the words of the Christ: "He that would be great among you let him be the servant of all," and generously did 'Edward The Peacemaker' respond to that command; thus setting an example of patriotic endeavour which we may well seek to follow.

Great is our country's loss, but the time is opportune for an object lesson of devotion to the communal interests and for the emphasis of England's need of loyal service from her sons and daughters. For multitudes among us have drifted into laxity concerning the duties and obligations of citizenship, and the debt we owe to the State.

Instead of asking what we can do to promote the welfare and strength of the Empire, and the health and prosperity of our fellow-countrymen, the question has been "How much can I get the State to do for me; how can my interests and

those of my particular class be served, cost what it may?" Consequently a selfish pursuit of ease and pleasure has become a conspicuous characteristic of our social life; and this tendency has resulted in the deterioration of manhood, in signs of inefficiency among our workers, and in a weakening of the high patriotic sentiment which has built up our national greatness.

Let us contrast the way in which our children are taught and trained with the systematic inculcation of patriotic obligation that prevails in Germany and Japan. We shall then realize the force of the exhortation of our present King, that "England must wake up."

In Germany discipline is everywhere, efficiency and industry are almost obligatory, and the interests of the Fatherland are predominant.

In Japan young children are taught that it is their privilege to cultivate health and strength, intellectual ability and spiritual wisdom that they may be accounted worthy to live or die for their country. The public weal takes precedence of private interests, and the national ideal exalted on all occasions, on the stage, in the Press and at home, is self-sacrifice for great ends.

Can we wonder that these nations are advancing so rapidly, or be surprised if our star shows signs of declension, when we contrast the low standard of our own popular ideals and the tendency of our youth to shirk military training and civic service?

The melancholy exhibition of political self-seeking, of distracted counsels, of class-animosity, and of demagogic appeals to the selfishness of the electorate, which have recently disfigured our parliamentary life are alone sufficient to cause a decline of national prestige and the gloomy forebodings felt for our future. Let us take to heart the lesson that may be learned from our hour of national bereavement.

What do we see around us in this fateful era of national competition with vigorous races who are eagerly pressing forward after prosperity and dominion? It is estimated that 85 per cent. of our working classes are suffering from dental disease. Even the children are thus afflicted, for of some

"Our Ideals transform us more than we realize."

18,000 who were medically examined during 1909 in the elementary schools of Surrey, 73.4 per cent. were found to have defective teeth.

Of our recruits who presented themselves for military service last year, 41 % in London, 42 % in Glasgow, 56 % in Birmingham, 71 % in Newcastle, and 72 % in Manchester had to be rejected. Our manhood is becoming incapable of bearing arms and of defending our country.

Malignant disease is rapidly increasing—the death rate from Cancer amongst men in this country having doubled since 1881, while amongst women it has increased by 50 per cent.

Tuberculosis, Appendicitis, and many other preventable maladies are sweeping off multitudes of our people, and are sapping our national resources. And thus we are warned that it is high time for us to awake from our apathetic negligence.

This wastage of British Health and Wealth can be greatly reduced, if not entirely stopped, and all can help in this patriotic work. For the evidence points to one chief cause—malnutrition. These are the effects of dietetic mistakes and transgressions against the laws of our being, and we must realize that Food Reform is *essential* and, indeed, the 'basis of all Reform.'

For the strength of a nation consists primarily in the health, vitality, and uprightness of its citizens: and that strength is founded on obedience to natural, hygienic and righteous Law, and upon recognition of the majestic truth that men and nations inevitably reap as they sow.

Here, then, lies an opportunity for us as loyal subjects and patriots. If we can persuade our contemporaries to live upon nutritive, health-giving, vital and natural food, instead of stimulative, unnatural, waste-product-laden and infected material, we shall prevent a vast aggregate of disease, suffering and loss, build up the public health, enrich the exchequer, and prepare the way for physical regeneration.

In such work as this we not only serve the State, but also ameliorate the future destiny of the individual, and of posterity. And many grateful friends can be made by such ministration and by an opportune presentation of the truth. For those who are delivered from chronic ill-health, or saved from distressful operations and restored to vigour and happiness will not fail to remember with kindly thoughts those monitors who enlightened and delivered them.

And this influence will be so permanent and wide-spread that we shall have the joy of feeling when we pass hence that we have indeed left our footprints on the sands of time, and have turned *some* at least towards Righteousness (right-living)—thus making our spiritual aura *radiant* to a corresponding degree.

To all therefore who seek some practical way of serving the highest Imperial interests, I commend this form of endeavour as worthy of consideration. The prevention of physical suffering and disease is more beneficent and important than its cure; and is far more conducive to communal wealth.

The fruitarian system of living prevents sickness and tends to promote continuous health and strength. Thousands have demonstrated this fact by prolonged personal experiment, and have proclaimed their convictions with enthusiasm and zeal. And many have continued to do so for years with unflagging earnestness, demonstrating by their energy, and by strenuous work of all kinds, the truth of their claims.

Such witnesses are entitled to credence, for they labour without earthly reward to proclaim the truths ascertained by experience, and they do this in the conviction that they can help their fellows to avoid disease, the sorrow of sickness, the surgeon's knife, and premature death.

Here is a feasible 'way out' of the sorry condition of physical degeneracy into which we have unconsciously drifted. Let us follow it! Let us build up a stronger Race by advocating an immediate and general return to that more natural and vital dietetic system which our Creator originally ordained for us by the differentiation of our structure from that of the carnivora. We are frugivorous mammals and should feed as such.

The 'living temple' which we inhabit for a time is, like those more solid buildings constructed of wood and stone, dependent for its stability and permanence upon the quality of the building-material supplied for its construction.

If we want the *best* kind of bodies we must use the *best* food material for their upbuilding—that which comes first-hand from Nature's storehouse, rather than devitalised, waste-laden and worn out fleshy tissue. And the earlier we begin, the better for us and our children.

As the people eat, so are they; and as they are, so is the Nation. We cannot avoid the inevitable result of our wrong choice of food, notwithstanding the arm-chair theories of scientists who have failed to gain knowledge by personal experience concerning the superiority of fruitarian diet.

The conventional food of the British race is weighed in the balances and found wanting, for a Parliamentary Commission had recently to be appointed to investigate the causes of our physical decay. Well nourished races do not decay, nor become anæmic, diseased, cancer-stricken and unfit for national defence.

Therefore the hour has come for the advocacy of a drastic change in our food system, and every intelligent person who desires to promote our national greatness and welfare, should embrace the privilege of personally hastening the triumph of the Food-Reformation and the advent of a more humane and happy Era.

As this great change is brought about many of our social problems will be mitigated or entirely solved. Just as water extinguishes fire, so a return to a natural dietary tends to cure alcoholic intemperance and abnormal propensity; while humane and bloodless food produces humane sentiment and thus prevents violence and cruelty.

This Reform also furnishes a reasonable alternative to the dubious policy of vivisectional research which is advocated by many well-meaning scientists, who are at present ignorant of this 'better way' of combating disease. Mere destructive criticism of cruel experimentation on animals is not proving of much avail, because human self-idolatry is still so dominant. The exaltation of the *efficacy* of the hygienic life and a pure dietary, will cause vivisection and dependence upon serums to be regarded as therapeutic means which are obsolete, empirical, undesirable, and of minor value.

Thus it tends not only to promote the public health and to lessen the burden of sickness and consequent poverty that afflicts so many homes, but also to establish among us as a people that 'Righteousness which exalteth a Nation,' and which consists mainly in spiritual rectitude, kindness of heart, and reverence for Justice and divinely ordained Law.

As we draw nearer the time when the end of our mundane career looms upon the horizon, many of us find certain questions troubling our quiet hours. Has my life been worth while? What have I done to lessen the suffering around me or increase the sum of human joy? Has the great purpose of the Creator in the lifting of mankind to a higher plane been furthered by any genuine effort of mine? Have I won the love of any human souls who will greet me with the right hand of fellowship in that life which lies beyond? Such queries as these must be faced sooner or later; and it is well to anticipate them while it is yet called day. For there is work waiting to be done in which the weakest may participate; and the night cometh.

We cannot all become warriors, or statesmen, or attain literary and scientific eminence. But we can do much to render useful service to the State and to meet England's need. For we can all stem the tide of national deterioration, and not only exalt patriotic and hygienic ideals but exemplify their advantages, and in this manner truly serve our generation.

Sidney H. Beard.

### SUGGESTIVE TEXTS FOR THE HOME.

Everyone in this house wants to do what is right.

We are all peaceful, calm and harmonious.

We love one another, and feel kindly towards one another.

We have charity each for the other.

We do not notice nor condemn each other's faults.

We are all children of God on our upward way, and by our every thought and every act we each one are trying to help the other members of the family.

## Progressive Philosophy.

By CHRISTIAN D. LARSON.

**T**he thoughts you think are the seeds you sow. Your harvest will be accordingly. No intelligent agriculturist will use for seed the trash that is blown out at the end of the fanning mill.

Every mind is a garden; every thought we think is a seed sown in that garden. He who sows only mental seeds of greatness, nobleness and high worth will reap a harvest of greatness, nobleness and high worth. But the harvest is not in the distant future. Many a seed that is sown to-day will be ready for the reaper to-morrow.

Man lives to move forward. To move forward is to live more. To live more is to *be* more and *do* more; and it is being and doing that constitute the path to Happiness. The more you are and the more you do, the richer your life, the greater your joy. But being and doing must always live together as one.

Being, the sublime feminine, can never find happiness alone, neither can *doing*, the supreme masculine, find living worth while, unless constantly in the presence of *being*. To try to be much and not try to *do* much, is to find life a barren waste. To try to *do* much and not try to be much, is to find life a burden too heavy and wearisome to bear. The *being* of much gives the necessary inspiration and the necessary power to the *doing* of much. The *doing* of much gives the necessary expression to the *being* of much. And it is the bringing forth of being through the act of doing that produces happiness.

Whether you meet the world in the *positive* or the *negative* attitude is frequently the one factor that determines the measure of success for you. In the negative attitude you follow the stream, even though it may lead directly to failure and want. In the positive attitude you go where the greatest opportunities are in evidence.

When your personality is negatively charged you impress the idea of weakness and incompetence upon every person you meet. The best that is in you is denied expression. You appear to be small and ordinary because your talents and powers are almost dormant. You may possess exceptional talent and extraordinary power, but they are all hid under the bushel of negativeness. You appear to be without ability, and you are judged accordingly.

There is a great power in appearance. You are usually judged by the way you look, and you usually look the way you feel. But you can feel the way you like, and you can live in any mental attitude you like. Therefore, discard all attitudes of inferiority. Never think of yourself as inferior. Never appear as if you were inferior. The mind and the body should be well dressed, especially the mind. If you look common, you will think of yourself as common, and he who habitually thinks of himself as common, becomes common.

## Nuts: Their Use and Value as Food.

By EDGAR J. SAXON.

**T**he one thing that the uninstructed Briton knows about nuts is that they are indigestible—which is not the case. At least, it depends.

The small boy at the children's party takes a long detour through many substantial dainties and finally makes a raid on the nuts, with uncomfortable results. This illustrates the manner in which prejudices are born. It may further happen that the same boy, now grown a man, and having thoroughly mastered the art of bolting food, enters a vegetarian restaurant and orders savoury nut cutlets. He polishes these off with his accustomed speed and gets an acute attack of indigestion. This illustrates the manner in which prejudices are confirmed.

To understand and appropriate the virtues of nuts one must treat them with proper respect. They are such magnificent food that none but first place on the menu will please them. They are jealous of nitrogenous rivals; they like you to leave pulse, or eggs, or cheese, or milk powder to another day. The company they prefer is that of tender green salads and grated root vegetables (uncooked); next to these plebeian companions they like ripe fresh fruits—more aristocratic than their earthly brethren, but not quite so valuable. Such combinations as the above are entirely admirable for the reason that the cooling minerals in the raw vegetables and the natural sugars and gentle acids in the fruits stimulate digestion and greatly assist in the transformation of the pure albumen of the nuts into living tissue.

There is no reason why nuts should be cooked save that we have all been brought up in the cooking tradition and consequently believe we must have hot dishes. It is doubtful if cooking improves the flavour of any nuts (except peanuts and cashew nuts), and it certainly renders them less digestible. This is not to say that the many people who can digest cooked nuts should drop nut dishes altogether and attempt to live on dried milk or butter beans. All sorts of attractive dishes can be made with grated or ground nuts as an ingredient. Such culinary creations should not, however, be overcrowded with nitrogenous elements. Cereals such as rice, breadcrumbs, maize meal, semolina, macaroni and vermicelli, mashed vegetables such as potatoes, carrots, turnips—these are the best bases for nut roasts, rissoles, etc. But however careful the choice of materials, many people will find them indigestible if the cooking process includes frying.

I repeat, then, the less cooking the more digestible. We are beginning to understand the radio-active nature of matter in its application to food questions, and we know that cooking at a high temperature de-magnetises ripe foods. The more cooking the less vitality. Undoubtedly nuts

(with the two exceptions named above) are best eaten raw along with other raw vital foods such as salads and fruits.

But at this point we are faced by the problem of civilised teeth: the majority of Britons have defective molars. And then there is the further fact that mastication is almost a lost art amongst us.

Now I need not dwell upon the delicate subject of false teeth, for even people who possess a set do not seem to be very proud of the fact. But quite a lot of good chewing can be done with a diminished molar outfit. I speak out of a rich experience. In the remote past I sacrificed more than half a dozen important teeth in the temple of dental surgery and have never succeeded in growing any in their place; yet I think I could out-chew (I say it with all modesty) the most fervent Fletcherite. People who think mastication rather boring do not know that they are missing the real flavour of many foods. I insert the qualifying adjective because it is true that prolonged chewing does not improve the flavour of the typically highly seasoned dishes of to-day; their charm is soon gone; they are made to tickle the palate and they are indeed the proper nemesis of the food-bolter.

But let us be just. There are very many individuals whose teeth are not capable of masticating nuts. This is where a nut mill is to the point. The ordinary nut mill is a revolving grater which does not render the nuts easier of digestion although it makes the chewing process easier; so that to persons who have not acquired the power of getting the nutriment out of nuts, a nut grating machine is of little use; what they require is a "nut butter mill," or better still, a Dana Nut Mill. The former is almost identical with an ordinary meat chopper; by using the fine cutting disc screwed up tight almost any kind of nuts can be converted into a smooth paste or butter; this means that the fibre has been thoroughly pulverised, the chief hindrance to assimilation being thus removed.

The Dana Nut Mill, however, is a long way the best I have yet seen; it cuts the nuts into extremely thin flakes, so thin that they could (if desired) be immediately pressed into pulp. The pleasant dry appearance is thus preserved, while the flakes can be broken down in the mouth even though the teeth be few and defective, and may be served in various ways; they look delightful, spread thickly over fruit or vegetable salad; they may be combined with raw grated carrots, turnips, or parsnips; or they may be taken with mashed bananas, with dried fruits, or with honey on bread or toast.

People who have never experimented with these uncooked meals begin by scoffing, but in the end they become enthusiastic. The curious thing is that although the life and liberty of women stand to benefit enormously by such reduction of cookery, women themselves (as a rule) are the last to tolerate the idea.

So much for the manner of use; now as to the nuts themselves.

There can be little doubt that almonds and pine kernels are at the top of the tree as regards amount and balance of nutritive elements. In cases where the former are found indigestible the matter is usually rectified by having the nuts blanched, as the skin has a slightly irritating tendency. The most economical variety to use is the Twin-Jordan, which possesses the same wonderful food-value and the same delicate flavour as the high-priced article but commands a lower price owing to the kernels growing two in a shell, so spoiling each other's outline. Bitter almonds must be avoided.

The Pine Kernel has the reputation of being the most easily digested of all nuts. It is a remarkable food in many ways. So far as I know no other direct product of the earth (with the possible exception of the Soya Bean) shows so high a percentage of proteid or vegetable albumen. It is obtained chiefly from the crown lands in Tuscany, noted for their forests of pine trees. In the autumn the ripening cones fall to the ground and are gathered and stored in barns and sheds. When the spring comes round they are exposed to the sun which causes them to split open. The little black nuts within are then removed. These are cracked by metal rollers and the soft white kernels so familiar to all vegetarians are sifted out, packed in large wooden cases and exported to this country and the United States.

Walnuts are universally esteemed, and their nature and value almost universally misunderstood. They are brought in with dessert and wine at the end of the feast, to the delight of the epicure and the confusion of his stomach. They are also pickled in vinegar before they are ripe and served as an adjunct to cold beef. The kernels are often used decoratively on cakes and chocolate creams in order to give these confections a fictitious commercial value. They give their name to various tinned nutmeats which taste strongly of peanuts. And so on.

But this is all a perversion of their right and natural use. Walnut halves (as they are called) flaked in a Dana Mill and taken with mixed vegetable salad constitute a dish for the gods, let alone men. The white edible walnut is known as the English Walnut, possibly because it is grown principally in France. The shelling and drying of this nut is quite a big industry in and around Bordeaux.

The Hazel or Barcelona Nut comes from the Levant as well as from Spain and is rather more fibrous and therefore less easily digested than the nuts previously described. It is valuable chiefly for the large amount of pure oil or fat which it contains. The same applies to the Brazil Nut, which is at its best in the fall of the year.

The Pistachio Nut, with its beautiful pale green kernel, was known in ancient Greece and is still esteemed a delicacy in wealthy houses, where (so at least one gathers from Mrs. Beeton) it is used for stuffing boar's head and turkey. It is a great pity this superior and delicious nut is not extensively cultivated all along the Mediterranean shores of

Europe so as to bring the price down to a reasonable and popular figure.

The African Butternut is a curiosity—a sort of vegetable tortoise. The shell is about the size of a hen's egg and enormously thick and hard, and when one has succeeded in breaking through this armour plate the fine texture and colour of its substance has to be reckoned as some compensation for the fact that the kernel is often bad or missing.

The Cashew Nut seems to be a cross between a bean and a nut, is edible only when roasted, and is very good eating, though I have never found any analysis of its food value. The Peanut is really a bean, though it differs from most of its family in that it contains a considerable proportion of fat. It is credited with uric acid properties, but I do not think this has been proved. Its low price deserves wide recognition among the poor, since its nutritive value is superior to meat. It is a splendid food for hard manual workers, especially if their work is in the open air.

Chestnuts are the only nuts containing a large proportion of carbohydrates (or starchy matter). They are a cheap and excellent food and are more digestible when boiled than roasted. To spread their consumption over several cosy hours before the fire is to court digestive trouble. The Coconut is the only nut that is the fruit or seed of a palm. It is about one-half fat, but is deficient in proteid. It is best eaten direct from the shell, as in this form it is softer and more easily digested than when desiccated.

It is an interesting fact that the demand for nuts in Great Britain is steadily increasing. In some cases the supply has fallen considerably behind demand, causing a heavy rise in price; the time, therefore, is surely ripe for a wide extension of nut-growing on scientific lines in all the most suitable regions of the world, and I do not doubt that capital invested in such enterprises would be certain of showing excellent profits before many years are past. Moreover, there must be many varieties of nuts growing wild in various parts of the world which are at present unknown except to the natives of the district. These should be sought out, their value and wholesomeness tested, and a thriving export trade developed. Only the other day I was told of a gigantic pine nut as large as a Brazil, which is to be found in a certain remote region in the southern Andes. A pine kernel as big as a Brazil nut! Think of it. If unaided Nature can do this kind of thing, what could not scientific cultivation achieve?

The day is approaching when the changing habits of civilized peoples will seriously affect the meat trade, the drug trade, and the drink trade. Let some of the vast capital invested in these health-destroying industries be steadily diverted year by year to the cultivation of nuts both in this country and elsewhere; there would be profit in the end—a profit untainted; there would also be a growing demand for labour on the land. This is no wild dream when you consider that the value of nuts imported into Great Britain during 1909 was £1,328,861—a remarkable, and, let us hope, a prophetic figure.

## Fruit or Flesh?

By O. L. M. ABRAMOWSKI, M.D.Ch.D.

**I** am a Food Reformer. I do not eat any flesh-meat or meat-preparations with the exception of a little fish on rare occasions. I am



practically a fruitarian and live on fruit, nuts, grain and some vegetables, all uncooked. As a rare addition, really as a concession to my old wrong tastes and habits of eating, I take sometimes cooked vegetables and wholemeal bread toasted.

I advocate the simple and single natural food of original man even for modern man, in spite of all the long centuries of mixed and cooked dietary of mankind. I feel strongly, very strongly on this subject. And why? Firstly: because the natural uncooked food has saved my life, has rejuvenated my body and made out of an over-fed, old man, courting apoplexy and rushing blindly into a premature grave, a comparatively young, vigorous and healthy person, fit and willing to live another half century. And secondly: because it has through my mediumship saved many a valuable life threatened by disease, which would have succumbed under the unnatural modern diet, and orthodox treatment.

Up to my fiftieth year I lived on the common mixed diet. I had meat, bread, vegetables, a little fruit, etc., all cooked, I drank tea and coffee, beer and whiskey, and smoked cigars. I grew stout and heavy, and although I did my work as a physician and surgeon with the usual amount of success, I began to feel that I would not be able to stand the strain of an active life much longer, as the resistive powers of my tissues were getting weaker, and more infirmities presented themselves from year to year.

Palpitations of the heart, sleeplessness, headaches, rheumatic and digestive troubles and other disorders made their appearance and became more and more confirmed. Still I managed to square all these warnings, until the unduly high blood pressure, caused through constant stimulation, brought on epistaxis; and my nose bled once for eight hours and in the following year for fourteen hours. An examination of my arteries proved them to be in a progressed state of hardness and brittleness; arterio-sclerosis, as it is called. We are as old as our arteries. As soon as I found out the dangerous condition of my vascular system, I knew that my days were numbered, and that mother earth would soon cover this ruined body of mine, unless a miracle happened.

The miracle has happened! My arteries have carried me safely, so far, through ten more active and strenuous years, and they are in a much better condition to-day than they were twenty years ago. All the symptoms enumerated above have dis-

appeared, the power and endurance of my body and mind have increased to a wonderful extent, and I feel more vigorous, more active and more certain of my life than I did when a young man. More still, I know now that I have my life and my health in my keeping, and that if I live right I shall prolong my life to its natural limit.

The uncertainty of life and health is usually considered a proved fact. And we might well fall in with this public error, when we see young and old, weak and strong, healthy and sickly people die with apparently no regard to their station or condition. Still, in the face of that experience, I declare that, accidents excepted, there is nothing more certain and more reliable than a life properly lived. We do not die, we kill ourselves; and mostly with our teeth.

There is nothing better proved than the equal health and the equal longevity of free, wild animals. The birds and insects in the air, the fishes in the water, the animals in the forests and on the prairies, they all have their certain term of life, and they all live up to it, if accidents and injuries are excluded. Furthermore, they are healthy and perfect specimens of their kind.

Where are the perfect specimens of mankind? And how many of modern men manage to live even approximately to our natural term, viz., from 100 to 120 years? What about the state of health of man and his subhuman helpers—the domestic animals? Is their flesh really weak and heir to innumerable diseases, while that of the wild animals is strong and immune? No, the difference is not in the original flesh, but in the method of *repairing* and *replacing* their flesh; it is in the food-material, for we are what we eat.

No free-living animal ever tampers with its food. One single food is enough for it from year to year and through all the ranging seasons. If it cannot get this food on the spot, it will either go where it can get it, led to it by an unerring instinct, like the migratory birds, or it will die, like the silkworm, which will not eat anything else if it cannot get the leaf of the white mulberry. Free-living animals will not 'improve' their food, nor will they eat any unnatural or artificial mixture; they keep their flesh pure and healthy; they do not know disease; they know only life, full buoyant life, in constant health, and death.

Man, especially civilized man, is not satisfied with the single food offered to him by the hands of Nature. In fact, in many instances he has quite forgotten what his natural food is, and looks with fear and suspicion upon the luscious fruits, the strength-giving nuts, and the ideal body builders, the grains in their natural state. He has for centuries prepared and improved his food. He has cooked and stewed, baked and roasted, changed and mixed the most heterogeneous substances in such a multiplicity of ways, that his whole food has become an unintelligible, and, for his body, mostly useless and poisonous mess of devitalised and disorganised food materials, which he is pleased to call "mixed diet." This dead and artificial food is not only unable to keep the body alive and in repair, but is filling it with waste matter,



and forms the pre-eminent cause of disease and premature death.

Yes; my own body, my whole family, and the families of my friends and patients have proved it and are proving it daily, that our health depends upon our food, and that we have it in our own power to keep healthy or to get sick.

Before I started on the natural food I suffered from numerous colds every year, and for years I had a severe attack of influenza every Christmas. Wife and children were equally troubled; colds, sore throats, diphtheria, measles, whooping cough, even typhoid, they all appeared in our family in their turn, and at pretty regular intervals.

Since fruit has been our mainstay, and meat has disappeared from our table, since water and fruit juices became our drinks, since tea and coffee were reduced to a minimum, no disease whatever has made its appearance in our home, and we have lost all fear of disease or infection, while in quite an automatic way I have lost all inclination and taste for beer, whiskey and tobacco.

The two children born since our conversion, a girl now five years old, and a boy three years old, have never had a day's sickness in bed, and have developed in a way far superior to my older children, and promise to grow into as perfect specimens of humanity as the imperfect condition of their ancestors will permit.

And the results with my patients? Well, they are simply phenomenal! Out of 166 cases of typhoid, treated with fruit and fruit juices, without any drugs or unnatural alimentation, only two died, the one coming too late (in the third week) under the régime, the other succumbing to a heat-wave, when four, apparently healthy people, died in the streets around in one week with heat-apoplexy. Of nine cases of appendicitis, without operation or drugs, not one died, inflammation of the lungs passed into convalescence in from four to ten days, without even a crisis. Acute affections of the bronchial tubes, the bowels, the nerves, rheumatic and other feverish attacks have been deprived of their pains and anxiety, and cured in the shortest time through fruit juices and fruit fasts.

At "Coronet Hill," my Sun-Sanatorium near Melbourne, cases of Neurasthenia, Paralysis, Bright's Disease, Drug and Alcohol Poisoning, Rheumatism, Arthritis, Diabetes, Skin Diseases, Arterio-Sclerosis, and many other afflictions, which gradually became worse under the usual treatment, and were eventually declared incurable by the orthodox profession, have been not only improved but healed, absolutely cured, when enough time was allowed for Nature's slow but safe healing processes.

Yes, I advocate Fruit Diet not only because Man is a fruit-eater anatomically and physiologically, but because my experience as a patient and a physician has proved to me the beneficial influence of the natural food on healthy as well as on sick people. The first will preserve their health and strength, their corporeal, mental and spiritual powers, to the highest old age, under a fruit diet. To the latter, the sick people, I like to say as a last

injunction, "Do not give up hope, whatever be the matter with you, Nature can heal, where human wisdom and interference fails; return to Nature; live on Man's natural food; build your body of the normal, life and strength-giving material, and you will find that the time of miracles has not passed yet.

## RECREATION.

Happy recreation has a very subtle influence upon one's ability. How our courage is braced up; our determination, our ambition, our whole outlook on life changed by it! There seems to be a subtle fluid from humour and fun which penetrates the entire being, bathes all the mental faculties, and washes out the brain-ash and debris from exhausted cerebrum and muscles. . . . A joyful, happy, fun-loving environment develops powers, resources, and possibilities which would remain latent in a cold, dull, repressing atmosphere.

Progressive Thought.

## Resources Within.

When we were children and a rainy Saturday put an end to our plans, and left us with a feeling that we did not know what to do, the wise ones said we ought to cultivate "resources within ourselves." Probably at that time we did not comprehend the suggestion very fully, but as life bears us on, we see more and more that it was wise then, and wiser now.

The greater number of subjects in which you are interested the less chance you have of being bored. It is entirely possible to cultivate wider interests, and as we give attention to new subjects and so learn something about them we will find an increasing source of pleasure and delight with every new object of our study.

The same rule applies to people, the more people you know and like, the less is your danger of loneliness. The more things you can do the more likely you are to be pleasantly employed, and to be considered good company by your friends.

Sometimes it seems as if our time was so full that we could hardly command a moment in which to study something new, or even observe the many interesting things about us that would prove full of charm if we had leisure; but if we keep our "noses on the grindstone" too constantly, not only do we narrow our lives, but we actually become less efficient in the very occupation which is absorbing us so fully.

We should seize every opportunity to enlarge our knowledge and broaden our interests. In this way we shall fill our minds with thoughts that will exclude the possibility of dull moments. If our mind is well furnished with interesting thoughts and experiences we shall find that we can pass through some trying times with a light heart.

C. Hart.

## The Comfort of Death.

By JOSIAH OLDFIELD, D.C.L., M.A., M.R.C.S.

"So, when the angel of that Darker Drink  
At last shall find you by the river brink  
And offering his cup, invite your soul  
Forth to your lips to quaff, you shall not shrink."  
*Omar Khayyam.*

**I**t is well sometimes that those who know something of it should take up their parable and talk about death.



The ordinary man or woman looks upon the subject as one which is surrounded by terrors and haloed by mourning, and they would fain never hear about it, if

only they could avoid thereby the necessity of dying.

I am not now speaking, or wishing to speak, of the religious view of death, nor of the spiritual comfort of the after-death reality.

I am only concerned for the moment with the physical side of dying and with the sundering of the vital principle from the body of our manifestation.

So many people who have seen a friend in the last hours, or who have only heard of the tragedy of the passing, have the rooted conviction that death is a thing of great pain.

I remember so well that my own father's fear of death was a purely physical dread of the great pain which he anticipated he would have to pass through—and yet I believe that his death was as painless and comforting as the passing of a breath of air upon the cheek when the cool of eventide has come.

I have watched with deep interest the coming into this world, and the passing out of this world of hundreds of my fellows, and I have come to the conclusion that under natural conditions the lifting of the curtain for the mystic incoming of the new guest and the last closing of the door upon the parting friend are alike of supreme unimportance so far as physical pain is concerned.

Bacon puts it this way: "It is as natural to die as to be born, and to a little child the one is as painful as the other."

By this, I think he means, that it is "no more painful," and with this view of natural birth and death I wholly agree.

So little does the apparently painful process of being born affect us that it does not ever leave the faintest trace upon our memory.

The apparent painfulness of a natural death is equally illusory, and I believe that we shall awake in equal forgetfulness of the sensation of dying.

Again and yet many times again I have seen a great fear of dying in the earlier stages of the last illness, but it was only a transitory phase, and ere long the kindly comforting of Nature brought peace to the mind and unconsciousness of pain long before the final passing had come.

Nature is wonderfully beneficent, and with no niggard hand does she pour out from her pharmacy stores hypnotics more potent than the drowsy poppy, more rapid than the speedy chloroform, and more lasting than the charms of magic or of drugs.

In forest and jungle, in the burning desert and on the lonely moor alike, the soothing voice of Nature is heard in the hour of death singing her lullaby of rest and peace and sleep profound.

Some people in their sleep make strange and uncouth noises, and timid children put to bed in the same room for the first time are afraid.

But the fear is on the unaccustomed children and not upon the sleeper.

So, too, in death, some people play upon the discords of sound, and terrify those who look on, but here, too, the fear is to the bystanders only. When one is waked from sleep he will tell you that he is all unconscious of the noises he has made.

When one returns from the valley of the shadow into which he has begun to enter, he, too, will tell you that when consciousness had departed he knew no more of those sounds which he made and which seemed to the onlookers to tell of pain.

Those of us who have seen hundreds of cases of that temporary death which comes from an anaesthetic, and who have asked the patient for his sensations quite shortly afterwards, get great comfort from knowing that no memory of pain is connected with those spasms of sound and motion which to the inexperienced would betoken suffering.

Many and many a time have I seen grievous pain borne almost to the limit; pain which could only be terminated one way, and that by an infliction of greater pain—greater pain of which the very thought was unendurable.

Many and many a time have I blessed the kindly balm of sleep which either brings, so that the sharp hour of agony has been passed in blest unconsciousness and the awakening has only been to a sense of great gladness and ease and comfort again.

So, too, I believe that death comes in such cases, as the great comforter, and that the sharp hour of passing is all unknown and that the awakening is to a sense of supreme "rest after weariness; comfort from pain."

I began by saying that I thought that "natural" death was painless. Do I then suggest that unnatural deaths are painful? Not at all. I believe that kindly Nature gives her sponge of hyssop alike to the just and to the unjust, to the young and to the old, to those who fear pain and to those who court it.

I believe that under all conditions and in all its manifold forms the angel of death is preceded by a handmaid bearing a bowl of the mystic water of

Lethe which she sprinkles with generous freedom as she passes.

Death, then, is never seen and never known, and those who fear the pains and the grim visage of death do so without cause and without need, and in the day of their own trial will find their forebodings have all been vain.

Has Fruitarianism, then, no message for the eventide of life? I think its message is of the utmost value and import.

I have tried to show that in death itself there is no ground for fear or pain, but to the unnatural liver there is the long prelude to it.

To the fruitarian who lives wisely and who starts in time to destroy the power of an evil heredity, the natural powers abate by gradual flux, and, like the slow drying of the summer pond, the passing away of the treasure stores of vitality is almost imperceptible.

There is a restful prelude of slowly wasting forces, restful and painless, and it is to such a life as this that the very thought of death is like the longing for sleep when the happy day's work is done.

"Good-bye, sweet life," it seems to say, "very pleasant and very beautiful have you been to me. In the field of Ardath I have sat me down and I have eaten of the gifts of God, the kindly fruits of His Earth. In the beautiful field of Ardath I have gathered the fair flowers of beauty. No pain have I caused, and no pain do I know, only I long to lay me down to sleep—to sleep the long sleep of peace."

And these are the beautiful eventides that Fruitarianism promises ere there comes the handmaid with the sprinkling showers and the sweet Comfort of Death.

It requires more brains and greater courage to practice the Golden Rule than to win battles or measure the stars, or gain wealth.

### SILENCE.

Many people realize that it is often wiser not to speak, but only a few are willing to cultivate the ability to remain silent when it is the better way.

There is no more powerful and satisfactory method of self-defence, kindness and safety in the home and community than silence at the proper time.

Silence is a rest to the nerves, the sensibilities, the brain, and the emotions, both of the individual in question and of others. Few people regret the times when they were silent, but many regret and often suffer because of imprudent speech.

It is much easier to speak, argue, and often, perhaps, make a point, than to observe the wiser and kinder course of silence, but the reward is so great that only they who cultivate the ability to remain silent can ever realize it.

A. B. Marsh.

## The Change in Medical Treatment.

It may be interesting, as marking the advance in medical opinion, to quote an article from a journal intended for the use of physicians—namely, the *Journal of Practical Dietetics and Bacterio-Therapeutics*. The subject is the treatment of the condition known as high blood-pressure, or exaggerated arterial tension—a condition extremely common in England, and, indeed, in all countries where the usual ignorant mode of eating is followed. The writer says:—

"The principal points to be aimed at in dieting the subjects of high blood-pressure are: (1) To reduce the bulk and the number of the meals (as by suppressing lunch for instance, substituting 'light refreshments'); (2) to reduce the proportion of nitrogenous principles, especially red meats and meat extractives, and (3) to substitute fruit, green vegetables and farinaceous articles as the basis of the dietary.

"Butchers' meats are injurious in high pressure cases, partly on account of the stimulating effect of the extractives they contain on the cardiovascular system, and partly by reason of their tendency to increase intestinal putrefaction. The action of these extractives has been shown to approximate that of adrenalin which, as is well known, induces degenerative changes in the arteries. This effect is enhanced when there is deficient elimination of nitrogenous waste products *via* the kidneys."

If it is thus granted that butchers' meat is injurious in high pressure cases, the whole case is almost given away. For, if it is so, must not much injury be traced to its use, and is not prevention better than cure? It is worth considering, for high blood-pressure means strain on the arteries and consequent degeneration with all its results. It is very interesting to note how the most educated medical opinion is being driven perforce and unwillingly in the direction taken by food reformers many years ago. The writer proceeds:—

"The next point concerns alimentary salt. When more than a hundred grains are taken *per diem* salt acts as a circulatory stimulant and increases the tissue lymph flow, rendering the blood more viscid. It may be surmised (though we gather that it has not yet been experimentally proved) that a diet rich in salt directly tends to raise arterial pressure. In any case we know for certain that a salt-free diet has a wonderful influence in bringing about the disappearance of oedema (dropsy), which is but tissue fluid that is no longer under the control of the circulatory forces. Consequently, in all cases of high blood-pressure the amount of salt taken with food should be reduced to a minimum, and in presence of oedema, however slight, a salt-free diet is indicated.

"A salt-free diet consists of vegetable soups (not containing any meat stock), with fresh green vegetables, fruits, nuts, fat, salt-free bread, potatoes, rice, peas, and sugar.

"A pure milk diet (5 or 6 pints daily, properly distributed) is extremely useful in high pressure cases when associated with rest, and it is also

valuable for a week or so during periods of arterial stress because it allows accumulations of waste products to be got rid of.

"Coffee, tea, and alcohol should be taken very sparingly, and in presence of a high degree of pressure excluded altogether. Even bland fluids are best taken between or at the end of meals.

"Warm baths and rest after meals, followed by open-air exercise short of fatigue, are valuable agents in the reduction of blood-pressure. Business worries and violent emotions, on the contrary, tend to aggravate the condition, and must as far as possible be avoided."

The significance of such opinions from such a source can scarcely be over-emphasised.

Lily Hodgkinson.

## Faith-Healing.

**T**he working principle of metaphysical healing is the therapeutic faith awakened by some means or other within the patient. The Great Master Jesus emphasized this fact by the oft-repeated saying, "Thy faith hath made thee whole," and it is attested by the statement that in his own country "he did not many mighty works there because of their unbelief" (Matt. xiii, 58).

### On the Mental Plane.

Therapeutic faith raises and harmonizes within the patient the sluggish negative and discordant vibrations of fear, worry, pain and suffering—changing them into the vigorous and harmonious vibrations of hope, confidence, peace, strength and health, and this greatly facilitates Nature's healing efforts.

Anything which will arouse the therapeutic faith of an individual will therefore be good mental medicine for him.

It matters not whether this promoter of therapeutic faith be true or false, good or bad, it will do the work so long as it is able to arouse and sustain the inner faith.

With a Zulu the best means to accomplish this may be a wooden idol or a voodoo doctor, with another it may be the picture, a metaphysical formula, the calm assurance of a faith healer, or, with a few, *common sense* and a positive knowledge of Nature's laws.

The more exaggerated, irrational and mystical the claims and promises of a healing cult the more it impresses the miracle-loving element in human nature and the more it appeals to the emotional, hysterical temperament so prevalent in our country; the less demand it makes on the intelligence, self-help and self-control of its votaries the more popular will it become with the indolent and self-indulgent.

Therefore, emotional mysticism will always take better with the masses than common sense and cold facts. They will always reverence more highly a mystical Latin prescription, surgical operation or metaphysical formula than an appeal to reason, simple living and self-control.

To-day, the same as ever, the majority of people are looking for a "sign and a miracle" to save them from the consequences of their ignorance and viciousness. They would like to indulge to the fullest extent the cravings of a perverted appetite and still be saved from the effects of their transgressions of natural law by some vicarious atonement in the form of a medicine bottle or a metaphysical formula.

For these good and sufficient reasons will Christian Psycho-therapeutics never become popular until general intelligence and moral honesty rise to a higher level.

Bishop Fallows would have a perfect and complete system of healing if he combined with Christian Psychology the simple natural methods of Nature Cure; then indeed would priest and doctor be one.

Nature Cure is a perfect system of cure because it looks for *causes* of disease and for means of cure on all three planes of being—on the physical, the mental and the moral.

### On the Moral Plane.

Nature Cure is the positive application of ethics and religion, because it makes obedience to Nature's Laws, self-help and self-control the foundation of all its cures.

### On the Physical Plane.

On the physical plane Nature Cure recognizes the fact that the true physician dwells within the body—not without; that the Great Wisdom which created this wonderful mechanism called Man is also fully able to repair it; but on the other hand Nature Cure realizes that we can in manifold ways assist the healer within by re-establishing natural habits of living and natural surroundings, by stimulating the organs of elimination to greater activity and thereby promoting elimination of waste matter and poisons; by correcting mechanical lesions in the vertebrae of the spinal cord, by removing abnormal pressure and obstruction on nerves and blood vessels, and by numerous other natural methods of living and of cure. In other words, all that any system of healing can do is to remove obstructions and to establish natural surroundings. The physician within will then do the rest.

Faith founded on emotional beliefs often gives way in times of distress to utter hopelessness and collapse, as we have frequently had occasion to observe. A faith, however, founded upon a thorough knowledge of the natural laws of health, disease and cure as taught and practised by the School of Nature Cure will never waver and will always give us the calm assurance that we have done the best that could be done; that we have done our duty on all three planes of being, to ourselves, to our fellow men; that human wisdom and human effort honestly and truly can do no more.

The faith instilled by Nature Cure is not built upon the shifting sands of emotional beliefs, but upon the solid foundation rock of Natural Law and Order.

The Naturopath.

## In a Chicago Slaughter-House.

**I**t was a hot day when I entered the yard, where many oxen were waiting their turn; they had neither food nor water, exposed to the burning sun, hanging their heads huddled together, waiting.



Whenever a fresh batch was required, brutal men with stout sticks had to use force—either hitting or sticking into the unfortunate animals. The very sight of these inhuman brutes made the poor beasts tremble.

Could we get an accurate description of the chemical changes taking place in the bodies of these ill-used creatures, and especially when they smell the blood of their slaughtered brothers and fear that they are being ushered to their doom, we should doubtless be alarmed. For it is well known that fear generates a powerful poison and acts as such on the animal or human system. This poison is absorbed with the flesh and blood, and must necessarily be powerful for mischief. I leave it to the reader's imagination to consider the result of eating such food—the harm not only to our physical, but *mental and spiritual being*.

More force and torture had to be used to get the animals to enter the door of the slaughter house, and much more punishment was inflicted by their inhuman executioners than was even necessary.

These men seemed to derive positive satisfaction in inflicting pain on the uncomplaining and defenceless beasts. If we believe in the Law of Karma, what must become of these unfortunate men; they are more to be pitied than their victims. For ignorance is not recognized as an excuse, or as 'extenuating circumstance' by Law! And does not this fact apply also to those of us who are the cause of this cruelty to animals and thus indirectly, of the sins of their hardened executioners. What punishment awaits us? Do we not suffer premature death by consuming this flesh and in the after life have we not to answer further for our actions.

Once the poor animals have been forced past the door in twos they get nearer the hammer that is to crush out their lives; and although they do not actually see their brothers fall, as several partitions separate them, they can hear the agonizing struggles until their turn has come.

In another department under the same roof the smaller animals meet a similar fate, and here I witnessed the same unnecessary ill-treatment and sufferings. Lambs and sheep seemed paralysed by fear and conscious of their impending fate; here they are killed *in sight of those waiting*.

I hoped to be able to credit the Management with *humaneness*, in placing partitions or screens in

front of the waiting ones, but not so. Since such were not used for the *weaker* animals, I had to conclude that the screens were used to *prevent the greater resistance* of the more powerful animals. If I remember rightly two oxen are allowed in the same compartment, which means that the last one is witness to the slaughter of his fellow.

The pigs seemed the least conscious of their fate and received the least punishment. No *presentiment* seemed felt by these lower developed animals. I noticed that when a pig is stabbed, it is lowered into a steaming tank to facilitate the cleansing or the removing of the hair; and when after a few minutes the animal is cut open, the body is often still quivering all over. I left these scenes of horror very sick and sad at heart.

N.B.—I have not dealt with the preliminary sufferings of these dumb creatures, when, from the time they are driven from their homes (where humane treatment might have been their lot, where they might even have been petted) until they reached their destination, they necessarily must suffer privation for want of food and water, and also bad treatment, close confinement, exposure to cold, and heat and sickness for a shorter or longer period. But the worst of all is the unjustified and unnecessary ill-treatment by the hands of monsters in human forms. May these be forgiven and their hearts softened.

J. J. Bucher.

## A TRUE DREAM STORY.

**O**ne evening, not long ago, I went into the garden for a twilight stroll, when I saw, lying on the path, a beautiful thrush. He was quite warm still, but I feared he was dead.

I carried him into the house, and my father, a lover of birds, tried to restore the little life, but in vain—the tiny head fell back motionless, the pretty pale-coloured breast with the dark spots would swell no more with song.

Gently I carried him back to the garden to the very spot where I had found him, and there, under a kindly-sheltering shrub I laid him. But before leaving him, I tenderly *kissed* the soft feather-covered little body for the sake of all the songs he *would* have sung this coming spring, and yes, for the sake of our mutual Father.

That night as I lay in bed, I dreamt that a bird flew into the room. He came circling around, and the first time that he passed me the tip of his wing just touched my cheek, and the second time that he flew past he paused in front of me, his wings fluttering to steady himself; and he came nearer and nearer till at last his little beak touched my lips, and I knew that a little bird was kissing me!

That is all, but who can say! Was it *only* a dream? Or was it the effort made by the newly freed soul of a bird to express its gratitude for a little human love—a kiss and just one tear?

Honorius Matthews.

# Cancer and its Remedy.

By ROBERT BELL, M.D., F.F.P.S.

A clear exposition of the real cause of Cancer and the true remedy for it has just been issued under the above title. This book,



which contains the conclusions which have been arrived at by a specialist of long experience, expressed in plain language, will be welcomed by many who wish to know more concerning this malady and the best means of avoiding it and of treating it with some hope of success. The following extracts give a concise presentation of Dr.

Bell's views concerning the

subject in general, but our readers must be referred to the book itself for particulars concerning a special form of treatment which has been adopted with considerable success.—(Ed. H.G.A.)

“The health of the body is dependent upon the health of the cells of which it is composed. These cells, therefore, must be nourished in such a manner as will promote to the utmost their vital energy, and enable them not only to resist the invasion of disease germs, with which the human organism is perpetually struggling, but also assist them to retain their harmonious relationship with each other.

An enfeebled system is incapable of withstanding infectious disorders. Robust health is the best safeguard against disease, and this condition depends entirely upon the healthy vigour of the cells. The cells, therefore, must be our prime consideration, and must be fortified in every conceivable manner.

Medicine, however, will not do this. No; we must not only study, but really conform to those laws of Hygiene and Dietetics which Nature has instituted for our guidance, for the observance of which she, if we are to keep ourselves up to the healthy standard, moreover, has provided ample means.

The Cancer cell would never come into existence at all did we obey these laws. It is important to bear in mind that, so far as our present knowledge teaches us, Cancer has not an infectious or contagious origin; scientific investigation has, I think, placed this beyond all doubt.

The Cancer cell is primarily a normal cell that has rebelled against the persistent ill-usage it has been subjected to. In consequence of this it has gradually parted with its loyalty to those physiological laws which hitherto have regulated its cycle of life.

We know it of old as an active, prolific, versatile, and adaptable cell. It can be successfully transplanted from one individual to another, and it is even capable of taking up a novel position, and

carrying on its existence within a muscle, for example, when it has been carried into such a structure through a wound.

Is it to be wondered at, then, that, as we know to our cost, a cell may, and does, frequently throw off its allegiance to those laws which govern healthy cell metabolism, take up a new rôle of existence and adopt cannibal proclivities, which it does when it develops into a Cancer cell? It then ceases to depend entirely upon its normal source of nourishment, but attacks and preys upon its neighbours, invading their domain and overrunning it with malignant hosts.

Eventually, if not arrested, it penetrates the lymphatic vessels, and thus reaches the neighbouring glands, setting up a new colony of Cancer cells there, some of which make fresh inroads into more distant tissues. Not infrequently it may eat its way into a blood-vessel, and thus be conveyed to distant organs, there to set up another focus of disease, and so on, until the poor victim, worn out and wasted to a shadow, falls into a premature grave.

My contention is, it will now be perceived, that the Cancer cell is not due to the introduction of any agency, such as a microbe, from without, but

is the direct result of *perverted nutrition*; and we know that certain effects upon animal life can be, and are not infrequently produced when a certain object is aimed at.

Take, for example, the evolution of the queen bee, which is entirely due to the kind of nourishment supplied to it. Moreover, there is fairly conclusive evidence that every variety of plant owes its power of procreation to the fact that its progenitor has conveyed to the seed the power to select from its environment that form of nourishment and no other, which conduces to the development of the peculiar form and characteristics of its ancestor.

That these can be improved upon by careful cultivation is apparent on every hand, while neglect will have an opposite effect. The lack of attention, therefore, to those laws which regulate healthy cell life cannot but result most disastrously, sooner or later, and it is only because Nature is so forbearing that it is not invariably sooner than later that she rebels.

One notable characteristic of animal life is the constantly living growth and death of the cells, which is followed by the dead cells being removed and replaced by others of a like nature, and fulfilling the same functions. This we call cell metabolism. To enable this process to be continuous, a suitable nourishment must be at the disposal of the cell, and not only this, but an efficient nerve stimulus must also be simultaneously supplied. Wholesome food, in fact, is a *sine qua non*.

Another necessity for healthy metabolism is an abundance of fresh air, which not only purifies the blood, but, in the process, supplies animal heat; to deprive the lungs, even for a few minutes, of air proves fatal. If to these two favourable conditions we add a copious supply of pure water, which

should be freely and unsparingly applied both internally and externally, we possess all that is necessary to sustain health and life in a perfect condition—with this proviso, that there be constantly present an abundance of sunlight which, as we know, is just as essential to the well-being of the animal as to that of the vegetable kingdom.

Let us now consider in what consists the essential product of this combination of factors, which is the vital agent concerned in the preservation of healthy cell life. There are distributed throughout the trunk, head, and neck certain glandular organs the secretion of which have an important influence in this direction. This secretion, known as nuclein, is not only essential to the well-being of the gland itself, of which it forms an important constituent, but also performs an important office by virtue of its vitalising effect upon the white corpuscles of the blood and every other cell of the body, those of the nervous system included.

Moreover, the individual cells themselves would appear also to possess the power of secreting nuclein, though perhaps not in sufficient quantity to supply the full amount necessary to meet their requirements. It goes without saying, therefore, that, if the cellular tissue is to be maintained in a healthy condition, the supply of nuclein must be ample.

I should mention that besides imparting vigour and vital energy to the body as a whole, nuclein also has an antiseptic effect upon toxic matter which may gain access to the blood by any channel, be it the skin, the air passages, the stomach, or the large intestine, thus inhibiting to a large extent the evil consequences that might otherwise supervene.

From my platform of experience, I am inclined to look upon the large intestine as the most pregnant of all these sources of blood contamination, especially, as I have frequently pointed out, when constipation is present. Now, the contents of the colon tend to be more or less of a noxious character according to the diet indulged in. The more simple and rational the diet the less menacing are the intestinal contents, and, therefore, the less liability is there to putrefactive infection.

There is, however, another important advantage accruing from a diet which is in direct accord with what Nature has provided for our food—which is, that it favours not only a more sanitary condition, but a healthier activity of the colon. On the other hand, more luxurious living, especially when a large amount of flesh meat is consumed, not only overloads the stomach with an excess of unwholesome material, with which it is impossible for its digestive power to contend efficiently, but, at the same time, provides materials which undergo a highly noxious fermentation when they reach the colon.

This invariably results in the development of innumerable poisonous organisms, which, finding entrance into the blood, impair its vital energy to a very serious extent, and, when in excessive numbers, simultaneously prostrate the physiological activity of every blood corpuscle, cell, and organ of the microcosm. In consequence of this the general health becomes impaired, and the resisting power to disease markedly reduced.

Now, if these conditions are supplemented by an unsanitary environment, in which may be included a vitiated atmosphere, a polluted water supply, neglect of cleanliness, insufficient clothing, exposure to cold, and so on, it will not be difficult to comprehend that much more disastrous results will, as a matter of course, inevitably ensue.

It is impossible to over-estimate the value of nuclein as a pre-eminent factor not only in its relationship to the preservation of healthy cell life, but as indispensable in the struggle that is constantly going on against disease germs. It stands to reason that if the blood is continuously being overcharged with toxic material, from whatever source this may be derived—and once more I maintain most emphatically that the most important origin we have to take into account is the large intestine—the functional activity of the various organs which provide nuclein must of necessity become seriously handicapped, and the amount of their secretion be accordingly reduced not only in quantity, but in quality also.

From the same cause the vital energy of the nervous system will necessarily become impaired, and, therefore, the stimulus supplied to organic life, which is essential to every organ and tissue, will be seriously interfered with. Thus, the whole animal organism suffers from the same cause, for it should be borne in mind that the potentiality of the nuclein is limited.

As we have seen, however, both the functional activity of these organs, as well as that of the nervous system, is entirely dependent upon a pure and abundant blood supply, and these desirable conditions can only be maintained by a strict adherence and obedience to dietetic and hygienic laws. As I have repeatedly affirmed, there is no reason whatever for the amount of disease that at present prevails, and is constantly bringing life to an untimely end.

Nature has amply provided the human body with means to successfully combat disease, but it is essential that we should not thwart her mandates. Moreover, she has not been parsimonious with her gifts, but has furnished sufficient provision to guard against risks that may arise from accidental infringement of her commands. This is every day apparent in the recuperative and healing powers she bestows, so that, really, she cannot be said to draw any hard-and-fast lines. She is most orderly in her methods, every organ and tissue having their particular duty to perform.

Many diseases have been proved to be closely connected with the departure of the thyroid gland from the healthy standard, and have disappeared under the administration of the uncooked gland of other animals, for cooking, be it borne in mind, invariably destroys the therapeutic properties of these substances.

It is interesting also to note that when the normal epithelial cell has been deprived of this wholesome influence, it manifests a marked tendency to adopt a depraved form of existence, the

most serious effect of which consists in a morbid change in metabolism.

As I have already pointed out, it severs itself from those physiological laws which hitherto have regulated its cycle of life, and, taking advantage of its inherent, vigorous, active, and prolific endowments, casts off its benign nature, and becomes a malignant cell. Thereafter, setting up a colony opposed to healthy discipline, it prostrates, invades, and transforms into its own debased condition the neighbouring tissues. This we recognise as that dreadful scourge—Cancer.

We perceive thus that Cancer is not the result of a microbe or parasite, as some have supposed, and which not a few continue to maintain, but is due to a perverted cell development resulting from a persistent ignoring of those laws which otherwise would have constrained the now diseased cell to retain its loyalty and allegiance.

In parenthesis, permit me to endeavour to reply to a question, which I am conscious some of you may feel inclined to put to me, seeing that I have laid so much emphasis upon the importance of nuclein as a vitalising agent. You would ask me, What is nuclein, or, at all events, what is your definition of it?

Nuclein I would define as the vital principle upon which every cell of the body is dependent for its existence as a living organism; nay, more, nuclein may even prove to be intrinsically life itself. It has been said that "the blood is the life," and doubtless, as being the vehicle by which nuclein is conveyed to the various tissues of the body, blood may have a claim to be so considered. But when we bear in mind that life is capable of existing without the presence of blood, it can hardly, in truth, be conceded that the blood is the life.

Consider, for example, the germ from which life, both in animals and plants, takes its origin. This contains blood in no solitary instance, but it invariably contains nuclein. It is due to the presence of this nuclein, this vitalising agent, that the germ, when the conditions are favourable, is enabled to germinate, and afterwards to develop into the animal or tree or plant, as the case may be. Moreover, it is due to the peculiar proclivities inherited from its ancestor that influences reproduction of the peculiarities and characteristics of the structure that eventually is evolved.

As development proceeds nuclein increases *pari passu*, but its nature remains stable, and never parts with the endowments it has received from its progenitor. Thus, this subtle essence, if it may not lay claim to be the life, may certainly yet be recognised as the medium by which life is originated and maintained, and not only the life but the characteristic attributes of that life.

That nuclein is capable of reproduction is beyond doubt; also that it is the inherent property of each individual cell, and by virtue of its nature both emanates from it and again reacts upon it in a vitalising manner.

It must be remembered that nuclein pervades everything endowed with life, from the tiniest

fungus to the massive oak, from the microscopic animalcule to the monstrous pachyderm of the forest, throughout the whole vegetable and animal kingdom. Essentially, it retains its identity wherever it exists—that is to say, it is the embodiment of life in all.

Vegetables of all descriptions, especially what we may term root vegetables, contain, as may be supposed, a considerable amount of nuclein, but if these are cooked in the ordinary way, not only is this vital principle destroyed, but their nutritive value also, and, at the same time, the vegetable is rendered more indigestible. The same observation applies to fruit.

But, one may enquire, in what manner does nuclein act as an antiseptic, and thus become of importance as a foe to disease germs which may have gained access to the blood? In reply, I would state that this is due to a chemical agent produced by nuclein—viz., nucleic acid, which not only is a powerful antiseptic, but also provides a healthy stimulus to the cells, and thus promotes in them healthy metabolic changes. Moreover, it removes effete matter not only without hurt, but, as we have seen, with benefit to the healthy structure.

Thus we perceive that nuclein is not only an essential agent in the cycle of life in man and beast, but also takes its place as a most valuable therapeutic agent when derived from other sources.

From the foregoing remarks it will be perceived that the conclusion I have arrived at is, that the Cancer cell owes its origin, and that in a direct line, to a normal cell, this having undergone a morbid metamorphosis consequent upon protracted malnutrition.

Cancer is Nature's protest against disobedience, and is the penalty she imposes upon those who, though, perhaps, more from the force of habit than knowingly or willingly, have ignored her teachings.

During the period, now extending over twenty years, that I have devoted special attention to this subject, with ample opportunity at my command for observation, I have never met with a single instance where constipation did not co-exist, and, moreover, had not been in evidence for a lengthened period prior to the manifestation of the disease. Furthermore, I do not believe that a normal cell will ever tend to develop a proneness to depart from its wonted integrity, or to sever its original relationship to its neighbours, so long as the sanitary condition of the large intestine is maintained.

It will thus be perceived that the advent or prevention of Cancer is entirely in our own hands, and I look forward to the time, and that at no distant date, when the attention of every one will be so forcibly directed to the subject that the disease will simply become non-existent. Prevention is always better than cure.

Although I have had ample evidence of the curability of Cancer during the past fifteen years, what I aim at is to rouse the attention of the

#### The Incentive to Cancer.



public, and point with every confidence to the fact—yes, *fact*—that with due attention to dietetic and hygienic laws, not only Cancer, but other diseases as well, will speedily disappear from our vocabulary.

#### Importance of Dietetics.

As I have before remarked, it is essential that the blood be supplied with certain constituents derived from the vegetable kingdom, and that these be present in considerable abundance if the vital fluid is to be enabled to carry on its functions in a manner compatible with the health and vigour of the various organs and tissues of which the body is composed. This fact has been so frequently and satisfactorily demonstrated, that it were waste of time to bring further evidence to bear upon the subject.

Therefore, with regard to the treatment of Cancer, *dietetics* occupy a place of such importance, that upon this we are bound to place considerable reliance if success is to attend our efforts, and the neglect of which will render futile both the therapeutic and hygienic precautions to which I have already called attention.

People talk of specifics for this disease, but it is only ignorance that permits one to suppose that there can possibly exist any *single* remedy for Cancer, for the palpable reason that its natural history precludes the possibility of the existence of such a thing. No, if we desire to combat the disease successfully, we must go back upon its pathogenesis and endeavour to undermine, and destroy, those pernicious factors which have been so long at work, and have thus been enabled to disturb that physiological harmony, which, in health, exists between every cell and every organ of the body, and which is essential to the maintenance of the health of the organism as a whole.

As I have frequently pointed out, if we may ever hope to be able to treat Cancer successfully, we shall be compelled, while endeavouring to overcome the local mischief, to take measures to nullify the conditions which have led up to this, and not only subdue it, but adopt a line of treatment which will prevent its recurrence.

We have abundant evidence to prove that in those countries and districts where a simple life is led—by this I mean, where the food consists of those articles which Nature has so amply provided, where the water supply is good, and where the occupation of its inhabitants necessitates their employment, for the most part, being carried on in the open-air—we find that disease, of any description, is rare, and Cancer, as a rule, is non-existent.

Surely then, being aware of this, it is hardly necessary to adduce further evidence to illustrate the fact that Cancer is undoubtedly the outcome of an unhealthy environment with its usual concomitants, these being to a large extent the bitter fruit of our so-called civilisation. We must make up our minds, therefore, if our objective is to stamp out the disease, to retrace our steps and adopt more salutary methods combined with a simpler diet.

Moreover, I repeat, we shall find that, in the treatment of Cancer, it is imperative that we place

dietetics in a distinctly prominent position, as the success, or non-success, of our efforts depends very largely upon the observance or non-observance of certain dietetic laws. Let me, by way of illustration, place before my readers a summary of the instructions which I am in the habit of suggesting to patients suffering from Cancer, that is as far as dietetics are concerned.

I wish to impress upon you the necessity of adhering to the following line of treatment with regard to dietetics. First, you must abstain from all kinds of butcher meat, and I would like to emphasise that pork especially, either fresh or cured, is also highly objectionable. It is a well-known fact that the blood, if it is to be maintained in a healthy condition, depends to a large extent upon a dietary composed of food as Nature has provided it, that is to say, before its vital principle has been destroyed by cooking. I therefore recommend you to take the whites of eggs switched up in milk once or twice a day, two in a breakfast cupful of new milk for breakfast, and the same in the evening.

You can also take cheese either with salad or fruit, and if desired a little whole-wheat bread and butter, this constituting one meal—lunch for example. You should always take a bountiful supply of vegetables and fruit in an uncooked condition. All vegetables such as carrots, Swede turnips, onions, parsnips, celery, etc., should enter considerably into the daily dietary. A good plan is to have these reduced to a granular condition, by passing them either through a sausage machine, a vegetable mill, or a grater.

Honey is not only a nutritious article of diet, but is doubtless of considerable value in Cancer, this being due to the *formic acid* it contains. Please note I refer to honey in the comb, and that solely. As much as two pounds per week can be taken with great advantage.

So much importance do I attach to dietetics in the treatment of Cancer, that I am quite convinced there are many instances in which this may be proved to be the only treatment really necessary, always however with the proviso that it is conjoined with approved sanitary and hygienic precautions.

With all due respect I aver that we need never expect to enjoy the luxury of good health if we permit our natural and easily-satisfied appetites to be overruled and prostituted by what is termed the “culinary art”—an art, by the way, which is to a considerable extent responsible for so much disease, moral degeneracy, a desire for stimulants, sleepless nights, nervous decay and early deaths, and indeed most of the other innumerable ills that flesh is said to be *heir* to, whereas as a rule they are self-inflicted and can only be classed under the head of *penalties*.



“I don’t feel like it” never accomplishes anything worth while in this world. Men and women become great because they conquer that negative, lazy sensation. It is reason, not feelings, that must govern. Many a man has landed in the penitentiary by acting out what he *felt* like doing.

L. A. Mallory.



substance. After the luncheon speeches were made advocating the virtues of a vegetarian or fruitarian diet as a cure for most of the ills to which our national flesh is heir. But we need not hold that faith to welcome heartily, and expect much epicurean pleasure from the new régime in the West Room at the Criterion.—*Daily Telegraph.*

#### ARTISTIC VEGETARIANISM.

The inauguration of a Vegetarian and Vegetarian Restaurant at the Criterion is among the signs of our changing manners and customs. It seems only the other day that those who renounced meat in favour of a vegetable diet were laughed at for their eccentricity; but now they have scored a triumph in obtaining the co-operation of one of the leading firms of caterers. For, as Mr. Crémieu-Javal, chairman of Messrs. Spiers and Pond, told the guests at the inaugural luncheon yesterday, it was on the advice of Mr. Sidney H. Beard that the directors decided to try the experiment. Mr. Beard, who is a zealous advocate of Food Reform, naturally expressed his delight at such evidence of the progress of his Cause. But it may reasonably be supposed that the directors had other grounds for their policy than a desire to help on the vegetarian propaganda. And there, presumably, watched the tendency of the times towards lighter fare and had recognised that there was a considerable public who would willingly vary their diet by occasionally, if not regularly, dispensing with meat if a tempting and adequate substitute were provided. It must be acknowledged that the dishes were both pleasing and satisfying, and no doubt exemplified the highest point to which the art of vegetarian cookery has been carried. Plovers' eggs may possibly not have accorded with the ideas of the strictest, but there were various courses of vegetables and fruits cunningly prepared, and the company had a general sense of dainty flavours, without always recognising the actual nature of the food, disguised as it was by fascinating sauces. To many of the guests it was a new and welcome discovery that a vegetarian meal artistically prepared could have an unsuspected charm, and also that it was by no means necessary to eat a steak afterwards.—*The Morning Post.*

#### FRUITARIAN BANQUET.—NEW DEPARTING AT A WEST-END RESTAURANT.

The fact that the Criterion Restaurant opened a Fruitarian "branch" yesterday is a striking testimony to the hold which the gentle and unalarming cereal has obtained upon the public. The inaugural Luncheon, with Mr. Crémieu-Javal in the chair, was an immediate success. As the crowd trooped up to the large hall to partake of the banquet, some of them—not exactly hardened fruitarians—paused for a moment as the aromatic sizzle of the grill-room reached them invitingly. But all was well; they persevered, and soon were to be discovered toying delicately with plovers' eggs—real eggs, with shells on them. Mr. Pearce (who knows all about murder) was present on behalf of the Treasury in a purely unofficial role, but there was no sign of Mr. Eustace Miles. The menu was varied and delightful:—  
Œufs de pluvier.  
Hors d'œuvres.

Consommé Printanier à l'orge.  
Crème de santé.

Gnocchi à la Tetrastini.

Croquettes de maïs aux pois à la Française.

Turbans de riz Montefiore.

Tomates farcies à la Nigoule.

Asperges en branches aux deux sauces.

Bombe, Dessert, et Café.  
(Aussi, Cigares et Liebfraumilch, et Irroy, et Desburdes, et Liqueurs et Eaux Minérales).

The cigars were comforting and non-vegetarian; the wines were choice, and so were the speeches. Mr. Sidney H. Beard, who is the president of The Order of the Golden Age, at whose suggestion this innovation has been made, delivered a speech in which he enlarged with much enthusiasm on the health-giving qualities of the mysterious preparations which had just been partaken of. Dr. Josiah Oldfield followed, fresh and vigorous, and so did Dr. Robert Bell, the Cancer specialist; and finally a resolution was unanimously carried to the effect that food reform in the direction of fruitarianism was important and essential for the welfare of the British race. It was agreed on all hands that a fruitarian lunch at 2s. 6d. and upwards at the Criterion will speedily become a fashionable entertainment in the West-end.—*Morning Leader.*

#### Our Albert Hall Concert.

The Council of The Order engaged the Albert Hall for May 21st last, and a grand Evening Concert was announced in aid of the Work of the O.G.A., but in consequence of the death of our late King it was postponed until October 29th. It is hoped that this event will provide a great opportunity for bringing the aims and ideals of The Order to a vast audience of influential persons. The following distinguished artistes have kindly consented to assist:—

Madame Blanche Marchesi.  
Madame Ada Crossley.  
Madame Betty Brook (Australian Soprano).  
Miss Grace Kenza.  
Miss Martha Cunningham.  
Mr. Iver McKay.  
Mr. Walter Kirby.  
Senor Gomez (Spanish Court Violinist).  
Dr. Churchill Silby.  
Russian Balalaika Quintett.  
Ladies' Amateur Orchestra of Strings and Harps.  
Mr. William Carter's Choir of 250 Voices.

Permission was obtained to state on the announcement circulars that his late Majesty King Edward VII. had graciously expressed his sympathy with the Work of our Order, and the following ladies and gentlemen have already promised their patronage:—

The Duchess of Devonshire.	Field-Marshal Earl Roberts,
The Duchess of Rutland.	The Countess Roberts.
The Duchess of Portland.	The Countess of Bective.
The Duchess of Wellington.	Field-Marshal Lord Grenfell.
The Duchess of Sutherland.	Field-Marshal Sir George
The Duchess of Westminster.	White.
The Duchesse de Lousada	The Viscountess Middleton.
Julia, Marchioness of Tweed-	Muriel, Viscountess Helmsley
dale.	The Lady Henry Cavendish
The Marchioness of Lans-	Bentinck.
downe.	Right Hon. Lord Arthur Hill.
The Marchioness of Down-	The Lady Arthur Hill.
shire.	Mary, Lady Gerrard.
The Marchioness of Donegal	Lady Beechcroft.
Minna, Marchioness of	The Lady Evelyn Riddell.
Anglesey.	Lady Malcolm of Poltalloch.
The Marchioness of London-	Lady White.
derry.	The Lady Muriel Watkins.
The Countess of Bessborough	Lady Robinson.
The Countess of Kinnoull.	The Lady Emily Lutyens.
The Earl and Countess	Hon. Mrs. A. Mulholland.
Kilmorey.	Hon. Mrs. Cecil Baring.
The Countess of Ranfurly.	

A special 32-page programme will be printed (with a pictorial illustration of our Offices in four colours and gold, by means of which the principles of our Movement will be made known to all present. We also venture to hope that the Royal Patronage to the Concert will be given.

A complete announcement will be made in the October issue of *The Herald*, so that all our readers in this country may endeavour to attend.

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A striking object lesson has been furnished in relation to the growth of Fruitarianism and the Intemperance existing in Glasgow. About two years ago a Fruitarian Restaurant was opened at the Cranston Tea Rooms, Buchanan Street (through the influence of The Order), and much of our literature has been circulated in that city in consequence, while many evangelistic lectures have been delivered to advocate this Reform.

The Report of the Chief Constable of Glasgow, recently made, shows that the total apprehensions for drunkenness during the past year were 4,500 less than last year and 6,000 less than two years ago. If this is a coincidence, it is one that always happens in the case of individuals and communities when a natural and nutritious dietary is substituted for the stimulating flesh-food which craves further stimulant.

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**Our New Lecture Room.** Our Lecture Room at Headquarters was opened on May 4th last, and the first audience filled it. Some useful information and object lessons in simple fruitarian cookery, were given by Miss Marjory Maude, L.A.C. The assembly was much interested and many ladies made new acquaintances through discussing the subject during the following conversation. On Wednesday, June 1st, Dr. Josiah Oldfield, gave an address on "Mistakes in Dietetic Reform and How to Avoid Them," and again a profitable afternoon was spent and the utility of this Meeting Room made manifest. On Wednesday, July 6th, Mrs. Hodgkinson will give a lecture (to women only) on "Diet in relation to the Health and Appearance of Women," and on August 3rd, Dr. A. B. Olsen, M.D., D.P.H., will speak on "How to Secure Good Digestion." All our Members and others are invited to attend.

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**Athletic Object Lessons.** Eustace H. Miles won the Amateur Tennis Championship of the world for the ninth time on May 21st last, thus demonstrating once more the advantages of fruitarianism for the promotion of stamina and athletic skill. It is interesting to note that his competitor in the final (Hon. Neville Lytton) is also a fruitarian.

On May 31st, Fred Welsh (a fruitarian), the British Light Weight Boxing Champion, fought twenty hard rounds for a Record Stake, at the National Sporting Club with Packy McFarland, the unbeaten American Champion, the result being a 'draw' on points. Although Welsh was worsted in the opening rounds, his superior stamina enabled him to retrieve his position in the final rounds.

It is significant that out of 119 competitors representing the picked champions of 38 clubs in the late 50 miles Road-Race promoted by the Southern Counties Cycling Union the two scratch men were both fruitarians. Both, however, had the misfortune to puncture, so did not finish.

Subsequently, in the Shaftesbury C.C. open 50 miles race when 76 picked champions from 33 clubs competed, the only two men on the mark of honour were the same two fruitarians, viz.: F. H. Grubb and C. F. Davey. Grubb luckily escaped puncturing in this event and consequently accomplished the fastest time of 2 hours 21 mins. 39; secs. This, so far, is the fastest 50 mile time of the year, and breaks J. H. Bishop's Essex Roads record by 3 mins. and the record for that particular course (which is harder) by 7 mins.

In the Selhurst C.C. 25 miles Road Race, C. F. Davey accomplished fastest time (1 hour 10 mins. 41 secs.) the only other fruitarian competing, A. F. Pulling, doing second fastest time of 1 hr. 15 min. 22 secs.

In the Anerley C.C. 25 miles Road Race, G. A. Pearce, also a fruitarian, achieved the fastest time over a rough course in 1 hour 17 mins.

The first Englishman to successfully fly from Great Britain to France and back, the Hon. C. S. Rolls, is also an advocate of fruitarianism, and is a supporter of our work. He sent the following message in response to a letter of congratulation which was forwarded from our Headquarters:—"I appreciate your congratulations the more by reason of my being so entirely in sympathy with the work of your Society, with which I keep in touch through the Journal."

The following notice of a pedestrian feat which appeared in the *Daily News* is worthy of being placed on record:—

MR. WESTON'S WALK.

The walk which the veteran Mr. Weston projected more than a year ago has been brought to a more than successful conclusion. The task he set himself was to cover the distance between San Francisco and New York in 100 consecutive days, omitting Sundays. It is announced that he has completed the 3,500 miles in 77 days. It is undoubtedly a fine performance for a man of seventy-two. We suppose that he walked for thirteen consecutive weeks at an average rate of two hundred and seventy miles a week, or forty-five miles each walking day. It is not equal, so far as the rate of going is concerned, to the "scorching" of George Allen, who walked in 1904 from Land's End to John o' Groats, nearly 1,000 miles, in seventeen days, Sundays and all. Allen's best day accounted for eighty-two and a half miles, and his average for the whole journey was fifty-eight miles a day.

But Allen is about half the age of Weston, who, by the way, was walking before admiring crowds in England before Allen was born. They join hands on the fact that *they are both vegetarians*. This does seem to be a pedestrian advantage. We remember, for example, that Allen beat Dr. Deighton, who boasted himself a meat-eater, by a full week in the Land's End to John o' Groats walk. At any rate, this ought to put the flesh-eaters on their mettle.

Facts are stubborn things, and success of fruitarians in these severe tests of endurance is exerting a great influence on contemporary thought.

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**New Sources of Influence.** The activity and influence of our Society and its Members are steadily increasing. A Restaurant, and Depot for the sale of our literature is being opened in Glastonbury, through the generosity of Mrs. Quintin, so as to make our ideals known to the 15,000 visitors who go annually to this important shrine. The first Christian Church in Great Britain was here established, it is said, by Joseph of Arimathea; St. Patrick was one of the earliest Abbots, and King Arthur and Queen Guinevere are believed to be interred under the ruins of the high altar. As the Apostles and early Fathers of the Church advocated and exemplified the humane and natural dietary, it is appropriate that our advocacy of a return to the habits of the primitive Christians should here be proclaimed.

At Winchester, another ecclesiastical centre, our Reform is being pushed forward with much energy and success through the instrumentality

and generosity of Captain Walter Carey, R.N., and Mrs. Carey. On May 25th, a most influential Meeting was arranged in Holy Trinity Hall, and not only were the seats fully occupied, but the standing room also. Addresses were delivered by Dr. Oldfield and myself, and a considerable number of new converts have since declared themselves, and are now working to evangelise their neighbours.

A Health Culture and Food Reform Society has been formed in Aberdeen, and is already holding Meetings and making good progress. The promoters invited me to accept the Presidency. The Hon. Secretary is Mr. A. J. Bennett Philip, 28, Elmfield Avenue, Aberdeen.

From many parts of this and other lands most encouraging reports are also being received of successful evangelistic work having been done.

### **The Slaughter-House Scandal.**

The *Daily Express* of June 22nd contained the following revelation concerning slaughter-house horrors in Sunderland:—

"SHOPS AS SLAUGHTER-HOUSES.—Some strange revelations as to the condition of slaughter-houses in the town are made in the Report of the chief Sanitary Inspector. The majority of the premises are in thickly populated districts, and many others communicate directly with dwelling rooms. In some cases there are bedrooms above. In nearly all cases the premises were erected for totally different purposes. On one occasion forty children were seen watching two men killing sheep in a shop. Dressed meat hangs for sale in some shops where slaughtering goes on. Pork butchers boil meat and prepare sausages in the same places where pigs are killed and live pigs are kept. The Report is borne out by a sub-committee who visited the places with the Inspector."

It is deplorable that the coming generation should have their minds perverted by such happenings as are here recorded—not only in Sunderland, but in many other towns, and even in the Metropolis. I invite our members who become cognisant of such abuses to make vigorous protest in the local Press, as well as to the Municipal authorities.

### **Municipal Education.**

The L.C.C. has decided to establish a School of Cookery (for boys) at the Westminster Technical Institute. The instruction will be given by a competent chef and the training will cover a period of three years. The school year begins in September, and boys between the ages of 14 and 16 years are eligible. Scholarships will be awarded annually, and full particulars can be obtained from the L.C.C. Education Department, Victoria Embankment. Dr. Oldfield has been asked to join the Consultative Committee.

### **Holiday Resorts.**

A great many enquirers write for information concerning suitable quarters where fruitarians can be catered for during the holiday season. These are now so numerous that I must refer applicants to our advertisement pages and say that all the establishments advertised there are known to be worthy of recommendation. Many of our readers may be glad to know that a 'Summer School' for fruitarians is being held at Burnham, Somerset, from July 30th to Sept. 3rd, full particulars of

which can be obtained from Mr. A. W. J. Pearce, 30, Barrow Street, West Bromwich, Birmingham.

### **The Japanese Wrestlers.**

Those who want to see some good sport should spend an hour in the Wrestling Arena at the Japanese Exhibition. A large troupe of the finest Samurai wrestlers of Japan, including the Champion, here exhibit their strength and skill. They spring at each other like cats, and so quick are their movements that sometimes one can hardly follow them. The average European wrestler would, I think, have a bad time amongst them. I asked their Manager what they ate, and he told me they lived "chiefly on rice, bean-cheese and fruit, with occasionally some fish—never any flesh-meat." As these men are nearly twice as big and strong as the average Jap, it seems absurd to pretend, as some people do, that the Japanese are beginning to eat meat so as to improve their stature.

### **Information Wanted.**

I should be glad if those of our readers who are seriously interested in the work in which our Society is engaged, would send any facts or statistics that are likely to be helpful if published in this Journal; or any expressions of opinion, in favour of our Reform, made by eminent men, which may come to their notice.

In all cases a reference to the source of information should be included, and communications should be addressed to The Secretary, Bureau of Information.

A Register of Hotels, Boarding-houses, and Schools catering for food-reformers is being compiled, and I would therefore ask our readers to send the address of any such Institutions which they can confidently recommend; also the names of any Doctors who treat their patients on the Fruitarian System.

The Council of The Order desire to make our International Offices a centre for focussing all the various activities akin to the Cause of Food Reform, and so will be glad to receive information that would be useful in this respect.

### **Our Pictorial Postcard.**

A pictorial postcard, printed in four colours, which is an exactly reduced copy of the large placards (four feet in length) which the O.G.A. is exhibiting in 300 Tube Railway carriages is now available for use by our members and friends. The price is 2/6 per hundred, and samples will be sent gratis on application to the Hon. Secretary. This is the first of a series that will be published in the interests of our Movement.

### **The British Health Review.**

Our readers will have noticed that the *British Health Review* is now incorporated with this Journal. This important amalgamation was rendered possible by a generous offer on the part of the proprietor of that magazine being made to the Council of the Order, as he thought

the interests of the Food-Reformation would be furthered by such action on his part. Our own Staff is now, therefore, supplemented by that of the *Review* and its late Editor (Mrs. Hodgkinson) will still retain her connection with its readers as Assistant Editor of the combined Journal. She will write for it regularly, and will welcome the co-operation of all the friends and correspondents whose assistance was so welcome in the *British Health Review*.

Our circulation is largely increased this quarter—one Company alone having purchased 1000 copies for distribution to its clients, while several other firms have followed a similar course.

The following donations towards the Work of The Order have been received since our last issue, including amounts paid in purchase of literature for distribution. The thanks of the Council are tendered to all these friends of our Movement:—

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## Woman's Rights.

The Rights of Woman, what are they?

The Right to labour, love, and pray;  
The Right to weep with those who weep,  
The Right to wake when others sleep.

The Right to dry the falling tear,  
The Right to quell the rising fear;  
The Right to smooth the brow of care,  
And whisper comfort in despair.

The Right to watch the parting breath,  
To soothe and cheer the bed of death  
The Right, when Earthly hopes all fail,  
To point to that within the Veil.

The Right the wanderer to reclaim,  
And win the lost from paths of shame;  
The Right to comfort and to bless  
The widow and the fatherless.

The Right to live for those they love,  
The Right to die, that love to prove;  
The Right to brighten Earthly homes  
With pleasant smiles and gentle tones.

Are these thy Rights? Then use them well;  
Thy holy influence none can tell!  
If these are thine, why ask for more?  
Thou hast enough to answer for.

Are these thy Rights? Then murmur not  
That Woman's mission is thy lot;  
Employ the talents God has given;  
Bring Heaven to Earth—so find thy Heaven.

Lady Dorothy Nevill.

# The Signs of Health.

By WILLIAM J. CROMIE

(Instructor in Gymnastics, University of Pennsylvania.)

**M**edical books all deal more or less with that part of the science of medicine which describes symptoms and causes of disease, while little or nothing is said concerning the signs of health.



We do not, when we are in good health, go to the physician and say, "We are well, thank you!" and hand him a fee. No, we wait until the horse is stolen, and then lock the stable door. It would be better if we gave the physician a fee for studying health instead of disease; the present condition is due to our own short-sightedness.

For instance, one consults a doctor concerning his run down condition, and rest, or, perhaps, a course in physical training is prescribed. Information regarding dietetics and hygiene is given, but no medicine, and the patient feels insulted and considers the physician's bill for this information an imposition. The patient desires medicine and so he usually gets it.

If physicians were paid according to the rise and fall of the scale of the public health—that is, to say, if their salaries were increased when the health of the public is high, and decreased with the increased amount of sickness—sanitary conditions would be very carefully watched. Instead of having a few specialists or scientists working along these lines, every practitioner of medicine would study symptoms of health and the prevention of disease.

## Beauty.

Health in a human being is the perfection of bodily organisation, intellectual energy, social activity and moral power. It is entire freedom from pain of body and discordance of mind. The first constituent principle or symptom of health is beauty.

Health gives development, and harmonious development is beauty. Every vegetable and every animal is beautiful after its own type of beauty, when it is most perfectly developed, in man or woman the exact development of every part and function being the highest possible beauty.

Ideal beauty must have the following:—Symmetry, proportion, curvature, color and expression. Especially in woman does one look for these elements. She is the highest type of beauty on earth. Her form is moulded and finished in exquisite perfection. Beauty is revealed in her sweet voice; sparkles on her brow; adorns her maternity; shines in her virtuous life; breathes in her pious spirit, and flashes in her loving eyes. No animal on earth has a better proportioned body, features and curves more symmetrical, color more exquisite, expression more defined, movement more graceful.

The ancients regarded beauty as a mark of divine favour. Ovid said that beauty was a gift bestowed by the gods, and Caeneades represented it as "a queen without soldiers." Diogenes called beauty "woman's most forcible letter of recommendation." While many of the old philosophers denounced beauty as worthless and mischievous, they were none the less its slaves. A beautiful woman is a queen, where all willingly pay homage to her reign.

As long as a woman has health, she can have beauty. Cleopatra, the charming Egyptian, was over thirty years of age when she fascinated Mark Antony. Helen of Troy, whose beauty caused such a long and bloody war, had passed her fortieth year when Paris fell in love with her, and carried her from her home. At forty Madame Recamier was regarded as the most beautiful woman in Europe.

Yes, beauty is the greatest indication of superb health! All who desire it should study the laws of health, for this is the only way it can be obtained. It is to be sought, admired and loved.

Another attribute of Health is activity. This is one of Nature's greatest laws.

Health comes from ceaseless activity; it is the prize of a constant struggle. It cannot be had for nothing, since there is nothing in the world possessing any value which can be had free. One must work to get health, then work hard to keep it. Cicero said, "It is exercise alone that supports the spirits and keeps the man in vigor."

Health is our capital, and muscular activity tends to give us health and strength. It, like money, can be accumulated, invested, and thus doubled and redoubled. We should reinforce our physical "bank account," or capital, with a "surplus" of stored-up energy, and thus begin to get interest. If we use the mind to excess, and do not "bank" energy, but keep drawing on the "principal" of vitality, the day will come when we shall be forced to the wall, with the inevitable outcome—physical bankruptcy.

Let us begin a bank account, now, by indulging in a little daily systematic exercise. "Nature knows no pause," said Goethe, "and attaches a curse upon all inaction." Still water becomes stagnant; sloth like rust consumes faster than labor wears; the bicycle falls the moment it stops, and activity of mind and body keeps many a life from falling.

Another sign of health is strength, or energy. History shows that the successful men in all walks of life, in both ancient and modern times, were of strong physique. David, Moses, Jacob, in fact, all of the leaders of biblical times, were men of power. Socrates, Plato and Aristotle were three of the strongest men of ancient Greece, while Cicero and Cæsar were Rome's strong men. Washington, Lincoln, Jefferson, and Webster, were men noted for brain and brawn. Likewise Shakespeare, Byron, Goethe, Bismarck, and Gladstone were admired the

world over for their strong bodies and master minds. The names of hundreds of great men of our present day, who possess strong lives and are recognised by the world as leaders, might be cited in connection with the illustrious ones of the past.

While these mighty men of state, war, letters, etc., deserve all credit, still, in most cases, their lives were moulded and fashioned to a large extent by the sacrifices and hardships of the unknown, unheralded mother. She is the first round in the ladder upon which the strong men of the world begin their climb upward to honor and success. Again, the comradeship, help and advice of the loving wife is a potent factor in determining the emulation of these men.

History through all the ages shows that men and women with strong wills, strong desires, strong passions, and who are noted for their longevity, have lived strong lives, and that strong lives come from continual activity of mind and body.

#### Cheerfulness.

Cheerfulness is a symbol of Health, and no one can have good health if he is not cheerful. Man recognises cheerfulness in woman more quickly and willingly than the potency of genius, wealth or beauty. A cheerful face enlivens the lives of others, and carries sunshine and gladness everywhere.

Active, cheerful minds are seldom troubled with gloomy forebodings, and, when trouble seeks admittance, word is sent back, "engaged." Carlyle said, "Wondrous is the strength of cheerfulness; altogether past calculation its powers of endurance. Efforts to be permanently useful must be uniformly joyous—a spirit of sunshine, graceful from very gladness, beautiful because bright." One's path in life may be hard and stony, but it will make it no easier to wear a gloomy and sad countenance. It is the sunshine and not the cloud that makes the flower.

The sailor would never become skilful if there was nothing to disturb the surface of the ocean. The same is true on the sea of life; it takes hidden rocks and rough water to make one expert. The busy bee does not stop to complain about the poisonous bower and thorny branch, but buzzes on, selecting the honey, and quietly passing where it is not.

We should never worry about things that we cannot help, and above all we should not fret about those we can help.

#### Happiness.

The last but not least indication of health is happiness. We seek health, pleasure and position, thinking thereby to find happiness, but it is in us, and not in things. If we are active and cheerful, have beauty and strength, there is no reason why we should not be happy. Menendemus, being told one day that it was a great felicity to have whatever we desire, said, "Yes, but it is a much greater felicity to desire nothing but what we have." Many fail to find happiness simply because they are always discontented with their lot in life.

We should fight against every influence which tends toward uncheerfulness and unhappiness. A depressed mind hinders the free action of the diaphragm and the expansion of the chest; it interferes with the secretions of the body, impairs the digestion and circulation, and deranges all functions of the human system.

If a word or two, or a good act, will render a man happy, why not help him along? This is like lighting another man's candle with your own; in fact, one thousand other candles could be lighted without any of its brilliancy being lost. "A merry heart doeth good like a medicine." A happy man is one who is merry and laughs a great deal.

Laughter brightens the eye, expands the chest, and forces the bad air from the least used air-cells in the apex of the lungs. It is a healthful vibration for the liver, stomach and other organs; it causes the heart to beat faster and increases the respiration, thus producing bodily warmth. Often, when one is suffering depression from grief or anxiety, a good laugh will restore one's physical equilibrium.

S. C. Goodrich says, "Of all virtues, cheerfulness is the most profitable. While other virtues defer the day of recompense, cheerfulness pays down. It is a cosmetic which makes homeliness graceful and winning. It promotes health and gives vigor and clearness to the mind."

As beauty, activity, strength, cheerfulness and happiness are symptoms of Health, so are their antonyms signs of disease. An inactive organ is a diseased organ. An inactive man is a sick man, and will soon become diseased. A healthful man or woman desires high activities, and the stronger and healthier the world becomes the more active will be its industry.

Good Health.

#### Keep Climbing.

Why prate of ills that can't be cured?  
Why growl at life, and squirm?  
Before you are the butterfly,  
You've got to be the worm.

The cherries on the upper limbs,  
Are there for you and me;  
But if we win, we've got to shin  
Up where the cherries be.

Walter S. Haskell.

#### ARS VIVENDI.

The importance of perfecting my being first, foremost, and all the time is for this reason: I must live with myself all the time, sleeping and waking, and to all eternity. To neglect my being and its habitation, internal and external, in order to please others, or because of my laziness and ignorance, is to waste golden opportunities to attain Happiness, to take advantage of which I was placed here.

Your being is to you the most valuable thing in the universe. Reverence it, therefore, and do not wreck and mistreat it. Whatever knowledge can benefit your being, put into practice.

L. A. Mallory.



## The Diet Remedy for Dipsomania.

By Mrs. BRAMWELL BOOTH.

I feel very strongly indeed that a great extension of wise and simple instruction as to the choice and preparation of pure food is urgently needed among people of all classes, if the deterioration of the race is to be arrested.

The question of diet is, I am satisfied, a moral as well as a material one, and my observations during long years of experience in dealing with fallen humanity, have convinced me that few things favour the degradation of the moral nature more powerfully than the debasing habits of eating and drinking which flourish around us.

Particularly have I been impressed and gratified by the good results of the careful dietetic treatment in our two Homes for women victims of inebriety. It is now six and a half years since the fleshless diet was introduced into the older of the two homes; the second one has been vegetarian from the day of its opening, and indeed flesh-meat is a diminishing quantity in all the institutions under my care.

While we never lose sight of the fact that the power and grace of God alone can effect any change of character, we are satisfied that it is an immense assistance in bringing about that change when there is intelligent obedience to God's own natural laws.

And it is this duty of being a worker together with God in her own liberation that we seek to impress upon every woman who enters our Inebriate Homes.

Instead of being resented, as might perhaps have been expected, the food-reformation was received with approval, and in a very short time there was a perceptible improvement in the digestion, temper and complexion of all concerned.

Prior to the change of diet, there had been ten or eleven trays sent upstairs every morning, for those who were not well enough to rise for the first meal; but very soon, all in the Home were found at the table together, bright and hungry for their breakfast.

When the drink-crave is strong upon a woman she is fed with grapes. At first she thinks she is being trifled with, but when she has been coaxed to eat a few, she always wants more, and they have a really soothing effect.

Oranges and apples come second in value for this purpose, but all kinds of fruit are found good as regular items of food. Stewed prunes and figs are perhaps as popular as anything, and quantities of bananas are consumed, jams and marmalade also being freely used. We do not aim at lessening expense by this diet. What is saved from the butcher goes to the greengrocer and fruiterer.

A very significant fact is that when the craving for stimulants is upon a woman, she also longs for animal food. When once the truth has dawned upon her, when once she has seen that by eating

meat she strengthens the desire to drink alcohol — if she be sincere, her co-operation is secured.

It is needless to say that in cases of fainting, intoxicants are not given. It has been found that the juice of a lemon in hot water is very helpful at such a time, and no one under my care has ever expired for the lack of brandy! We understand that in any case where the heart has had sufficient vitality to answer to a stimulant, consciousness would have returned in a natural way, had it not been administered.

Cases are frequently received in so bad a state, that under the old *régime*, we should have expected them to need bed and medicine for weeks before they could be pulled together; but now, with the aid of the diet, they are up and about in less than a fortnight. Many are much better in a day or two. This, of course, is a great advantage to all in the Home.

A most encouragingly high percentage of our inebriate cases have been permanently cured, and if only they could all continue the diet on their return to their homes or in the situations found for them, the failures would, I am convinced, be fewer still.

The medical man attending the Home when referring to the fact that a very small percentage of the cases who come to us can be regarded as either encouraging or hopeful, having nearly all gone to the bottom before they entered the Home and many of them having accustomed themselves, not only to alcohol but to drugs—opium, cocaine, etc., which cause very rapid deterioration—says that our results are very remarkable. "Under any circumstances," continues the doctor, "they would be creditable, but when we consider that the material upon which you work is such that it would be rejected as hopeless by many other organisations, then your results are marvellously successful."

There is no age limit to the cases we receive; many of them have been habitual drunkards for twenty-five years. They are of varying classes; widows of men of independent means, wives of government officials, nurses, governesses, bookkeepers, dressmakers, milliners, barmaids, servants, the wives of tradesmen and mechanics, and especially women who have suffered. Trouble or loneliness will most frequently be found to have led to the formation of alcoholic habits, and, alas, the advice of medical men too often must be held accountable.

Perhaps some particulars as to the daily routine in our Inebriate Homes may be of interest.

Every patient is encouraged to work. Ladies, who have had servants to wait on them, agree cheerfully to this arrangement, accepting it as part of the cure, which of course it is.

A work-list is drawn up and revised week by week, and on it each inmate finds her own name, with carefully chosen duties assigned for her during every section of the day.

Waking-up time is 6-30, and lights are out by 9-30 every night. Before breakfast, all the

beds are airing, upper rooms are tidy, and downstairs apartments swept and dusted.

After breakfast, prayers conclude at 8-30, and then the beds are made, each by its owner, the finishing touches, being put to the bedrooms by a couple told off for this, while the rest enter the workroom at 9-30.

Sewing ceases for the day at 6 p.m. There are of course, intervals for meals and recreation, and the airy well-lighted work room is a happy place, often enlivened by chorus and song, and full of the interest of learning how to do beautiful work beautifully.

Everything combines to stimulate hope and awaken right ambitions. Such mottoes will be found on the walls, or in the women's possession, as "Be strong, and let thine heart take courage." "Fight, trust, conquer! You can."

There are four things which the officer in charge seeks to do with every woman who comes under her care. First, win her confidence; second, foster her will-power; third, exercise her memory; fourth, whatever happens, show no discouragement, but lead her to depend for sure deliverance and victory upon God.

The drink thirst has been the central idea of most of the women, sleeping or waking—particularly with morphine cases. The great point is to be able to switch off their minds from morphia, cocaine, or whiskey—whatever it may happen to be—and switch them on to God, His power, the charm of His Service, and the bliss of having His approving smile upon one's life.

Referring to one who entered the Home lazy, incorrigible, and apparently hopeless, and after fourteen months' stay, went out to earn her living, first in the laundry, and then in the service, the Warden wrote:—"When her mistress sent me her photograph, showing her in a well-made gown with a happy face, I should not have recognized in her the poor miserable outcast who shambled into my office the day I welcomed her to the Home. The transforming power of God's grace is wonderful!"

Danger confronts every woman who holds the conventional notions concerning diet and drink. "A little stimulant will pick you up; you are below par," says the well-meaning friend. And the first step is taken along a descending road, from which few are strong enough to turn back until it is too late.

Thankful as I am to have any hand in the cure of those thus victimised, I should be still more glad if I could do something towards the prevention of the evil.

Because our Maker has not endowed us with that faculty which we see in the lower creatures, and which we call instinct—which makes the mother know at once what is good for her young—He has clearly intended that our higher intelligences should take its place.

And yet it seems that people who take infinite trouble about their clothing, their reading, and many other matters of less real importance, are

content to consume any food which is offered them provided it suits their palates, without giving one thought to its properties, or its purity.

Indeed, the mere taste of their food appears with many to be the all-important factor. "I like it" is a sufficient reason for eating many harmful things. Now, the sense of taste, were it quite undepraved, either by heredity or by habit—would, I think, be a safe guide. A healthy child chooses simple foods, and would never want tea, meat, strong flavourings, or intoxicants, unless deliberately taught to take take them, or induced by curiosity to imitate the habits of its elders.

The chief hope of all food reformers lies with the rising generation. If parents can be induced to bring up the children on a pure and simple fruit and vegetable diet, and for their sakes to abolish all that is harmful from the home, I think the need for Inebriate Homes and all other apparatus for rescuing the human wrecks will diminish and finally disappear.

## Mistakes to be Avoided.

*Extracts from an address given by Dr. Josiah Oldfield, M.A., D.C.L., at the International Offices of the Order on Wednesday, June 1st.*

**D**on't under-eat! Because their fare is light, fruitarians are not to think that they must eat enormous quantities of it.

In nine cases out of ten, they are better for eating less; but there are many young men and women who, though they may be enthusiastic food-reformers, should not make the grievous error of eating too little. They think that if a little less is good, a lot less must be better, and thus they run the risk of injuring their nerve capacity by starving their nerve power. And once injured, it is a long time before the injury is rectified. In order to retain normal health they should hold the balance wisely between eating too much and eating too little.

Don't eat Sloppy Food! The fruitarian novice should avoid the habitual use of food that requires no biting. The food should be crisp, so that the teeth may have something to do, and there are so many preparations on the market that fulfil this requirement, that there is absolutely no need to make a mistake. There is a danger in giving up the knife and fork, and taking only a 'spoon' diet.

Don't omit the Fat! The fault of a great many beginners in Frutitarianism is not to include sufficient fat in their dietary. Sugar can never replace fat—neither can jam, as so many people imagine. Nut oil or nut butter should be used freely in cooking.

Don't think that a fruitarian must be a Crank! This idea is an absolute fallacy. Some extremists think that they can only have their dinner up a cherry tree, and that they must wear their hair long. But such people bring contempt upon the Movement, and, happily, are seldom met with. Beginners should take up the Reform in a reasonable and rational manner, for it is only by such means that they can win converts to the Cause.

## By the Way.

By Mrs. HODGKINSON.

**T**he doings of the last three months have been full of interest and advance for Food Reformers. In the first place we had the Simple Life Exhibition in Mortimer Street with its attendant lectures for the instruction of those who are not yet adepts, and its stalls setting forth various goods, necessities and luxuries which show to what a magnitude our Movement has attained. I returned laden with samples of new foods and drinks—a very *embarras de richesse*. This thought struck me forcibly—how impossible it all would have been ten years ago.

I saw two well-known doctors in the crowd who at that period would have scorned to inquire into anything that savoured of vegetarianism—letting their golden opportunity slip in the common way of the world. They can none of them be pioneers now. Alone we did it! But we are roping them in very successfully nowadays. See the *British Medical Journal* and note how remorselessly science is driving them into our fold. Meat is bad for such and such a disease, you will read. But why? Oh, because—and then follows some explanation which applies (*and they know it!*) to the precedent state in which the disease took its rise and in which, had the warnings of Nature been heeded, the knot could have been untied instead of cut by the surgeon's knife.

It is difficult to admit that prevention is better than cure when cure is profitable and prevention does not pay. That is where we must meet them. Prevention must be made to pay for the medical profession (and it can be by a little re-adjustment of economic conditions) and we shall then have a body of educated and scientific opinion on our side which will storm the last fortress. For the moment prevention becomes their goal, they will be thrown perforce into the study of diet, and the study of diet will reveal to them the truth of our contention, and the present stupid, wasteful, disease-breeding way of living will become a thing of the bad past.

We really should attend to this matter. Human nature is very human, and it must be expected that a man will see the necessity of making his own livelihood in so strong a light that it will colour all his views. "Take care," said a great scientific teacher, once to his pupils, "lest you should come to find what you are looking for." That man knew men, and realized the strength of the desire to find truth as we would have it and not as it really is.

I am interested in a scheme propounded by a doctor of my acquaintance which makes in the direction of Prevention. He has already tried it with success. He accepts from a family which desires it a certain small yearly sum calculated according to the number in question. For this he visits them fortnightly or monthly, "takes stock" of each individual, notes the signs of health or

disease, gives them lessons in right breathing, advises them in all the many details that make for health, and is, generally speaking, a guide in the right path.

It is increasingly clear to me that this is the only sensible position for the medical man who is to be useful also in moments of illness. How invaluable would be the knowledge of his patient's body and mind acquired in this really analytic manner. Acquaintance with idiosyncrasies is what a doctor needs more than anything, but how absolutely unreasonable to expect it of him in the present haphazard state of affairs as between doctor and patient! I hope this idea may be considered and bear fruit. I shall return to it again.

The Ideal Home Exhibition was also a powerful factor for good, for there again so much was displayed that revealed the easy running of life on our lines. We shall soon have fashion and prejudice on our side as well as our old allies—Truth and Mercy. Well, all reinforcements are welcome!

I was especially impressed with the possibilities of the leather substitute known as Pegamoid. Less expensive by far, and as durable as leather, it has a great future before it. For a friend I bought a set of dining-room chairs thus upholstered in a dull deep crimson which had all the effect of leather without its drawbacks, and the margin of difference in the bill represented a comfortable wide deep sofa, which could not otherwise have been afforded. Everything that is done with leather can be done and well done with Pegamoid. No clumsy make-shift but the real thing. Their panel wall-papers too are exquisite in design and colouring.

I think that the principal events of the quarter have really been the opening of the beautiful Fruitarian Restaurant at the Criterion, and the re-opening of the well-known Food Reform Restaurant in Furnival Street. The initiatory luncheon party at the Criterion was something I would not for worlds have missed. The beautiful room, the crowded and enthusiastic company—many of them among the most distinguished and intellectual people of the day—the delightfully decorated tables, and last but not least the delicious food, formed a measure by which to estimate our progress which surely should be the best encouragement for the future. M. Crémieux-Javal (one of the Directors of the Criterion) made an excellent speech in which he pointed out that support is necessary to a venture so enlightened. And surely that support will be given in no grudging measure by all who care to make life beautiful and merciful. A Dinner Club has been formed for the purpose of a monthly dinner at the Criterion, where friends of the Cause may meet. I consider this an excellent idea for many reasons and recommend all who can to write for information to Mr. Arthur J. Coke, 23, Suffolk Street, Pall Mall, London.

The Food Reform Restaurant in Furnival Street is really now the ornament and credit to its

principles that such a pioneer deserves to be. No expense has been spared in adornment and in all the means of comfort, and meals of the most moderate cost and of unimpeachable excellence can be had there. It is well worth while to make an experimental pilgrimage round the London Food Reform Restaurants. One notices with pleasure that there are those adapted to all purses and tastes, from the 6d. luncheon, nourishing and good, to the costly one beginning with, say, plovers' eggs and winding its way through many courses to the *friandises* at the end. This is as it should be, for all tastes must be considered.

I have had so many letters within the last two months raising the question of a good bread for family use, that I am really compelled to recur to the subject. A bread for children's and family use should contain all the good of the flour, should be *light and well baked*, with a taste not pronounced (or it palls) and yet attractive. These seem simple requirements, but I find them very seldom fulfilled. The best breads on the market at present, I think, are Winter's Malt-Wheat, Artox, Veda, and Turog. I wish people would give more thought to the bread question. They regard it as an adjunct and forget it is a staple food and possibly the most important.

Ballymacclinton, the Irish Village, is still a part of the White City Exhibition this year. It was a distinctive feature of the Franco-British and Imperial Exhibitions, and next to the Japan section, it is the most interesting part of the Japan-British. Many Irish industries are represented, including lace making, linen, woollen and poplin weaving.

New attractions have been introduced, including open-air concerts, accompanied by Irish harpists, Irish pipers, etc., in costume. All who go there will be introduced to the delightful toilet soaps, shaving soaps, tooth powders, etc., known as McClinton's. I really do think that *everyone* who values cleanliness in what they touch and use should buy these soaps to the exclusion of all made with animal fats and with the coarse soda of commerce. When one recalls certain passages in Upton Sinclair's "Jungle" and realizes of *what* many of these sweet-scented, delicately coloured soaps are made, one turns shudderingly away to the clean vegetable oils that compose the McClinton soaps.

I suppose most of my readers know the advantages of Marmite as a substitute for the meat essences used by the unenlightened many. It cannot be told from these in soups and gravies, and is quite the best substitute known to me.

In the frequent food-reform luncheons and dinners now given at restaurants and where Marmite is much in use, I have often heard people ask in astonishment, "Can it be possible there is no meat in this?" But there isn't! It really brings the whole range of meat cookery within reach of the fruitarian, and at a much lessened cost.

One of the latest foods brought to my notice is the smoked nut-meat that has just been placed upon the market by the Mapleton Nut Food Company, Ltd. Strict hygienists would object to nut-meats being thus preserved for the same reason that they would protest against the well-known 'kipper,' but

there are many people who will insist upon having spiced and savoury food-stuffs occasionally, and perhaps it is well that they should thus be catered for with fleshless products that are also useful to travellers on account of their keeping qualities.

A recognised want has been supplied by the opening of the Alexandra Therapeutic Institute, 126, Great Portland Street, London; for this Institution is equipped with the best and latest appliances for the treatment of disease by Hydro-pathy, Electricity, Massage and remedial exercises. The special therapeutic aids which hitherto have necessitated a journey to Nauheim, Aix, Harrogate, Bath, or Buxton, are now to be obtained in central London, and the Institution is under qualified medical supervision.

The valuable health foods which have been of such great assistance in the curative work so successfully carried on by Dr. J. H. Kellogg at the Battle Creek Sanitarium are now being imported by Harper Twelvemores, Ltd., at 15, City Road, Finsbury Square, London. This firm is thus making a specialty of these scientific products which have made their inventor's name famous throughout the world.

I shall in these columns endeavour to keep my readers in touch with all these useful intentions and happenings, because from the questions that reach me it appears that this is the desire of my country readers especially, and there is a feeling that it may be generally useful. They may depend on my recommending nothing that is not personally known to me. Such suggestions are quite useless if this is not the case. And I will answer questions relating to subjects touched on here if they are addressed to me at the Offices of The Order, 153, 155, Brompton Road, S.W., and if a stamped envelope is enclosed.



### The Man Who Wins.

The man who wins is an average man,

Not built on any peculiar plan.  
Not blest with any peculiar luck;  
Just steady, and earnest, and full of pluck.

When asked a question he does not "guess"—  
He *knows*, and answers "No" or "Yes";  
When set a task that the rest can't do,  
He buckles down till he's put it through.

Three things he has learned: That the man who  
Finds favour in his employer's eyes; [tries  
That it pays to know more than one thing well;  
That it doesn't pay all one knows to tell.

So he works and waits; till one fine day  
There's a bigger job with bigger pay,  
And the men who shirked whenever they could  
Are bossed by the man whose work was good.

For the man who wins is the man who *works*,  
Who neither labour nor trouble shirks,  
Who uses his hands, his head, his eyes;  
The man who wins is the man who *tries*.

Charles R. Barrett.

## Health Notes and News.

### False Notions about Diet.

"That fruit, nuts, desserts, etc., are unimportant ingredients of the diet. That fish contains an excess of phosphorus or 'brain food.' The phosphorescence of fish is due to beginning putrefaction and has nothing to do with phosphorus. Meats and various vegetable foodstuffs contain as much or more phosphorus than fish."

That proteid can be extracted from meat by boiling. Except for salts and waste matter closely resembling urine, beef tea is about equivalent to egg tea, that is, to the water in which an egg has been poached.

That meals should be given so frequently, either in health or in disease, that one meal overlaps another without giving the stomach a little time for rest."

DR. BENEDICT.

### The Tomato.

"The tomato might be termed an intestinal antiseptic. In other words, it has a cleansing effect upon the entire alimentary canal. As will be seen by the following table, the percentage of nourish g elements which it contains is not especially high."

#### ANALYSIS OF THE TOMATO.

	Per Cent.
Water ... ..	94.3
Mineral ... ..	5
Nitrogenous, or muscle making elements ...	9
Fibre ... ..	6
Starch, Fat, etc. ... ..	3.7

Tomatoes are universally recognized as an invalid food by medical men. This for the reason that their pulp and juice is not merely digestible, but contains an acid, which is at once a mild aperient and a promoter of gastric secretions."

#### MACFADDEN'S PHYSICAL DEVELOPER.

### Drugs.

"One of the most famous of American medical men has said that we have but four medicines that we really need, and the less we give of these the better. Another, perhaps the most able diagnostician in the country, in a recent speech before a gathering of leading manufacturers, stated his conviction that ten years hence we would be using practically no drugs whatever. As a physician in active practice, dealing with all classes of disease, from scarlet fever to insanity, from nervous prostration to adenoids, I have, myself, put the physiologic methods to the severest tests. And as a result of all this experience I may state in most positive terms that there is no effect, not one therapeutic or alleviative effect, obtainable by drugs, which is not more easily, safely and rapidly achieved by non-drugging methods."

W. R. C. LATSON, M.D.

### Grain Foods.

"In order to comply with the popular demand for white flour and rice the outer layers containing the valuable mineral salts and phosphates are removed in the milling processes. Bran and the outer cuticle of rice are exceedingly rich in mineral salts and very valuable foods for ourselves as well as our domestic animals. The latter wax strong and fat on the 'refuse' of the mills, rich in organic salts, while the farmer grows thin and dyspeptic on his 'fine white flour.' Oriental nations use unpurified rice, which is much richer in flavor and better fitted to sustain life than our refined but impoverished mill products."

"HEALTH CULTURE."

### Catarrh.

The real cause of catarrh is an overload of poisonous retained waste matter in the blood. The immediate cause, the exciting cause, may be exposure to cold air, fatigue, or an undigested meal. One of the best cures for colds is the inexpensive one of rest, warmth, and fasting, and habitual moderation is the best preventive.

### Tea and Coffee

The changed attitude of medical men towards these beverages is well expressed in a recent number of the *British Medical Journal* in the following terms:

"Our attitude as a profession towards tea, coffee and cocoa, should be that generally maintained towards tobacco—that is to say, we must regard them all as at least indifferent, and very often harmful, and we should not hesitate to forbid their use in illness."

### Oysters.

"The common oyster has long been suspected as an agent in the transmission of typhoid, and the case against it has been proved now. Doubtless most of our readers will remember the Mayoral banquets at Southampton and Winchester in 1902. In each case there was an epidemic of typhoid fever among the participants of the feasts, and the infection was traced to the oysters. Unfortunately some of the cases ended fatally."

Consider for a moment the habitat of the oyster. It is a natural scavenger of the sea. It thrives on sewage, and not unfrequently oyster beds are planted in the vicinity of the sewage outflow for the purpose of providing them with nourishment. Of course as long as the sewage is free from the bacillus typhosus the oysters will be comparatively harmless. Nevertheless they cannot be considered wholesome in our opinion."

The safest way to treat oysters is to let them alone, and then there will be no chance of their transmitting the fever."

A. OLSEN, M.D.

### Vegetable Iron.

"Iron tonics are offered in practice in the most varied forms, mostly as salts bound with organic and inorganic acids. Plant life, such as spinach notoriously, is rich in the form of vegetable iron, and for this reason most acceptable to the human organism. As the *Therapist* remarks, the assimilation of iron for therapeutic purposes from such vegetable sources is undoubtedly the more rational for delicate children and adults of weak digestive energy."

"HEALTH RECORD."

### A Coffee-Drank Race.

"The people of Brazil are perpetually in a state of semi-intoxication from coffee—men, women and children alike, and to babies in arms, it is fed with a spoon. It is brought to your bedside the instant you are awake in the morning, and just before you are expected to drop off at sleep at night, at meals and between meals. The effect is plainly apparent in trembling hands, twitching eyelids, mummy-hued skin, and a chronic state of excitability worse than that produced by whiskey."

"MEDICAL TIMES."

### Sun-Cooked Food.

"A volume entitled 'Sun-cooked Food,' by Eugene Christian, is one which every seeker after health may read, mark and inwardly digest with considerable benefit."

When we consider that Man is the only animal which subsists upon cooked food, and is, moreover, the only animal, with the exception of those which are under his domination, that is subjected to disease in its varied forms, it is only natural to conclude there must be a reason for this, and I think Mr. Christian has proved the subject satisfactorily when he remarks: "Why destroy the plant life before feeding it to the animal? In what possible way can the application of heat improve it?" And then answers the question most satisfactorily. He points out that animals fed upon cooked food rapidly deteriorate, and this is not to be wondered at when we consider that no animals, except the scavenger class, live on dead matter, yet, as we know, they even prefer that which is fresh and therefore more wholesome."

We may endeavour as we will to make ourselves believe that by a process of evolution the alimentary canal has arrived at a condition which makes it essential that our food should be cooked, and that therefore we are at

liberty to indulge in all sorts of culinary messes, whereas there are absolutely no grounds for such a conclusion. Our alimentary canal has not altered in the least from a physiological point of view but it has been penalised to an extraordinary extent for ages past, with the result that this plausible theory has been the cause of half the diseases the human race suffers from and the wretched state of health of those who believe in it.

If we desire to obviate disease we may with great benefit act up to the injunctions contained in this volume, a most important one of which is to rely safely upon the natural appetite, which has its source in the stomach, and not be seduced by that which originates in the olfactory nerves and those of the palate."

ROBERT BELL, M.D.

### Vegetarianism and Intestinal Infection.

"Dr. Tissier maintains that intestinal putrefaction plays a great part in the causation of intestinal infection, putrefactive bacteria preparing the soil for the growth of pathogenic bacteria. To prevent this the intestinal chemical medium must be rendered uninhabitable by noxious species and favourable to those which arrest putrefaction and toxic action. Vegetable albumen is less putrefiable than animal albumen, and has, further, the advantage that it is always accompanied by at least three times its weight of carbohydrates. A vegetable diet containing only a small proportion of pulses affords the least opportunity for the growth of putrefactive bacteria."

"BRITISH MEDICAL JOURNAL."

### Salads Healthful.

"In most economical households, salads do not play an important enough part in the menus, says the *New Idea Woman's Magazine*.

Perhaps in your household planning you have been making the common mistake of supplying too much nitrogenous food, too many potatoes (in other words, starch) and too much sugar, which brings as its aftermath a list of diseases which we all dread.

There are so many delicious green vegetables, some of them—like tomatoes—taking the place of a main dish at a meal. A delicate lettuce with dairy cheese makes an excellent lunch when combined with some of the many excellent brown biscuits now on the market. There are creamed vegetables, baked vegetables and vegetables in all sorts of tempting combinations, and if you think your 'family don't care for them,' try an experiment; see if it has not been the fault of the cooking heretofore."

"HEALTH CULTURE."

### To Drink or Not to Drink.

"Doctors, health magazines, books on Nature Cure and hygienists of high repute almost unanimously advise their patients and students to 'flush out' their systems with large quantities of water. They advise their followers to drink glasses, quarts—yes, gallons of water, whether they feel the need of it or not.

It seems so easy and sounds so plausible to 'flush out' everything that does not belong in our systems—one can do it with a sewer, why not with a body? The difference, however, lies in this: Flushing out a sewer is a mechanical process, while cleaning out a human body is a chemical process.

The cleansing of the human organism depends upon the concentration of vital fluids and secretions, not on their dilution with large quantities of water.

Blood lymph, saliva, gastric juice, bile, pancreatic juice and all other fluids and secretions of the body are chemical solutions, and chemical solutions do not become stronger by dilution with water. A cup of coffee or vinegar will not become stronger by adding to it two or three cups of water. Neither will the fluids of the body become more effective in their work by continuous water flooding."

"NATUROPATH."

## Announcements.

The only Official Address of The Order of the Golden Age, and of this Journal is 153 and 155, Brompton Road, London, S.W. Telegrams: Redemptive, London. Telephone: 1341 Kensington.

All general correspondence should be addressed to 'The Secretary' (not to individuals).

Personal letters for the President can be marked 'private,' but a few days' delay may sometimes occur before such letters, or remittances contained in same, are acknowledged. Interviews with the President can be arranged beforehand to prevent disappointment (Wednesdays and Thursdays are the best days).

Enquirers are invited to visit our Headquarters between the hours of 10 and 5. Useful information can then be obtained from those who have experience and knowledge concerning Dietetic Reform.

On Wednesday, July 6th, August 3rd, and September 7th, Addresses will be given at 3 p.m. in the new Lecture Room.

Any newsagent or bookseller (or Health Food Dept.) who obtains copies of this Journal through the usual Trade channels, can have one of our 'posters' sent every quarter gratuitously from Headquarters if a notification of such desire is sent to the Hon. Secretary. Applicants are asked to state how many copies of the Journal they usually sell.

This Journal is regularly supplied (gratuitously) to Public Institutions in this and other lands, such as Free Libraries, Institutes, University Colleges, Hotels, etc.

Owing to several complaints having been received in regard to small sums of money not having reached us, the Hon. Secretary would be glad if all who send Post Office or Money Orders, for Subscriptions or Literature to the Offices of the Order, would make the same Payable to The Order of the Golden Age, and cross them "Harrod's, Ltd. a/c Payee only."

The President and Council of The Order of the Golden Age invite the sympathetic and active co-operation of all philanthropic and humane persons in connection with their endeavour to humanize Christendom, and to lessen the sum of Pain, Disease and Suffering in the World. The fullest inquiries concerning their plans, methods and projects will be gladly answered.

They will endeavour to arrange for Lecturers to address Meetings on the subject of Food Reform, if friends who desire to evangelise their neighbourhoods will communicate with the Secretary.

Members' Badges can be supplied upon application to the Secretary—but only to Members of the Order.

Bound volumes for 1908-9 (the copies for the two years bound together) containing well executed photographs of our International Offices are now ready, Price 4/- post free. Volumes for the years 1906-7 (bound together and containing a photograph of the Editor) are still to be had, Price 4/- post free. The volumes for 1900, 1901, 1902, and 1904-5 are all sold. A few volumes for 1898, 1899 and 1903 can still be obtained. Price 3/- post free.

Publications of the O.G.A. can be obtained locally in India from Mr. Keshavlal L. Oza, Golden Age Villa, Veraval, Kathiawar.

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### REFERENCES kindly permitted to

MRS. C. W. EARLE, Author of "Pot Pourri from a Surrey Garden."  
MRS. HUGH BRYAN, Author of "Secret of Perfect Health."

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# How Foods Cure



**DISEASE** is Nature's attempt to rid our bodies of impurities and wrong conditions, due in nine cases out of ten, to wrong feeding.

**HEALTH** can therefore be won, in nine cases out of ten, by adopting an absolutely pure diet. In no other way can pure blood, the foundation of health, be produced.

**INDIVIDUALS** differ, however, in age, occupation, climatic conditions, temperament and constitution. What cures one will not cure another.

**EXPERT ADVICE** is therefore essential if an assured and permanent result is to be obtained from a pure diet—advice based upon the individual case.

**MR. EUGENE CHRISTIAN** has supreme qualifications for imparting such advice. He is a pioneer food-scientist of world-wide reputation. He has actually cured ninety per cent. of the cases that have come to him during recent years.

**HE CAN HELP YOU** to cure yourself; he can place a life time's research at your disposal; he can do for you what no medicine, drug, or vaccine can possibly do, for he can teach you how to build up a perfectly healthy body.

**A FREE COPY** of his little book, "How Foods Cure," will be sent you post paid for the asking. This book explains his method and tells how he can help you. It's worth investigating, don't you think? Address your postcard to—

## EUGENE CHRISTIAN,

411, Oxford Street, LONDON, W.  
and mention "Herald of the Golden Age."

### FIRST LESSON IN DIET.

1. Learn to substitute Wholemeal Bread for White Bread.
2. Use Wholemeal for everything for which you now use White Flour.
3. You can only use "**ARTOX** WHOLEMEAL" successfully for this because it is so fine.
4. "**ARTOX**" makes delicious and nutritious Bread, Cakes, Soups, puddings, Dips, Pastries, etc.
5. "**ARTOX**" contains all the Wheat—all its energy, muscle, bone, teeth and nerve forming properties.
6. White Flour does not. Only the indigestible starchy, sloppy portion is retained.

\* COOKERY BOOK to show you how — **FREE**



Strongly recommended by "The Lancet" and Mrs. C. Leigh Hunt Wallace ("Herald of Health").

Sold by Grocers and Health Food Stores in 3lb., 7lb. and 14lb. sealed linen bags; or 28lb. will be sent direct, carriage paid for 5/- "ARTOX" is not sold loose.

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**APPLEYARDS LTD., Dept. 1.**  
**ROTHERHAM.**

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❑ **SALADS** are not only a delight to eye and palate, but they are one of the most purifying and vitalising forms of food known for dwellers in temperate climates. Almost every variety of tender leaf or juicy root vegetables (the latter finely grated) may be used.

❑ But even the most delightful salad lacks those elements which build up the bodily tissues.

❑ The elements are to be found in an ideal form in the

## "P.R." BISCUITS

of which there are more than thirty varieties. These delicious biscuits are made with stone-ground wholesome of marvellous fineness and other choice ingredients. They are absolutely free from the usual harmful chemicals and cheap fats, and they

supply every element required for thoroughly nourishing the body.

❑ The most suitable kinds for taking with salad are P.R. Crisp, P.R. Cracker, P.R. Oat Water, Milk Biscuits and the Nutmeal Crisps.

More than **30 Samples**

in dainty box, with full particulars, post free 1/3

The Wallace P.R. Foods Co.,  
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and

# Vejola.

"Two of the  
nicest  
Nut Meats  
ever made."

TRADE MARK.



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❑ Made from only the choicest Nuts, and other valuable ingredients, these two unique products possess a special value for the Food Refuser, for they combine in a compact and digestible form, both attractiveness of flavour and great nutritive value.

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Seaside Residence



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Sleeping Tents in Garden, 150 feet above sea level.

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TERMS MODERATE.

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Burnham, from July 30th to Sept. 3rd.

Board-Residence 28 6 weekly.

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## Malted Barley Coffee

### What is it?

Carefully selected and roasted malted barley of a highly aromatic coffee flavour.

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It makes you a cup of a delicious beverage and food resembling coffee (but free from the toxic caffeine, etc).

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Nervous and dyspeptic people, children, invalids, and all who want more than a stimulant and less than an excitant—who should not drink coffee or tea. **1/- per lb.**

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FOUR SIZES.  
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Retains the flavour and nutritious juices.

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MARMITE is absolutely pure.

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Strengthens as well as stimulates.

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**R. WINTER, Ltd.,**  
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**MAKES  
UNIQUE  
TOAST.**

**TRY IT FOR  
BREAKFAST  
TO-MORROW.**

## "IXION" Regd. Brand PURE FOODS BUILD UP HEALTHY BODIES.

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For making **Brown Bread**, is ground in the old-fashioned way by millstones. For a delicacy of flavour there is nothing to compare with it. If used instead of white flour it will nourish the system and keep it regulated in every way: **curing indigestion**, and preventing appendicitis, etc. 25 lbs. 4/6, 56 lbs. 8/6, 112 lbs. 16/-

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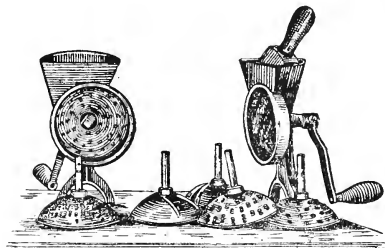
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